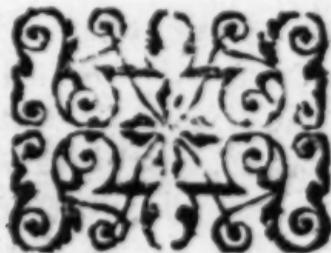


DELIGHTS  
FOR LADIES,  
to adorne their Persons,  
Tables, Closets, and Di-  
stillatories :

WITH  
Beauties, Banquets, Perfumes,  
and Waters.

*Read, practice, and censure.*



AT LONDON,  
Printed by H. L. and are to be  
sould by Arthur Johnson.

1617.

11211  
completo del libro  
moral

en la parte anterior

Edo. 11211  
completo del libro  
moral



## To all true louers of Art, and Knowledge.

Sometimes I write the formes of burning bals,  
Supplying wants that were by woodfals wrought:  
Sometimes of tubs defended so by Art,  
As fire in raine hath their destruction sought:  
Sometimes I write of lasting Beuerage,  
Great Neptune and his pilgryms to content:  
Sometimes of food sweet fresh and durable,  
To maintaine life, when all things else were spent:  
Sometimes I write of sundry sortes of soile,  
Which neither Ceres nor her handmaids knew.  
I write so all but scarce, one beleuees,  
Sauie Dur & Deulhur, who have found them true.  
When heauens did mourne in cloudy mantles clad,  
And threatened famine to the sonnes of men,  
When sobbing earth denied her kindly fruit  
To painfull ploughman and his hindes: even then  
I write relieving remedies of dearth,  
That Art might help where nature made a faile:  
But all in raine, these new borne babes of Art,  
In their untimely birth straight-way doe quale.

## THE EPISTLE.

Of these and such like other new found skilz,  
With painfull pen I whilome wrote at large,  
Expecting still my Countries good therein,  
And not respecting lab. ur, time or charge:  
But now my pen and paper are perfum'd,  
I scorne to write with coppresse or with gall:  
Barbarian canes are now become my quills,  
Rosewater is the inke I write withall:  
Of sweets the sweetest I will now commend,  
To sweetest creatures that the earth doth beare:  
These are the Saints to whom I sacrifice  
Preserves and conserues; both of plum and pear.  
Empaling now adiew: to sh. marchpane wals  
Are strong enough and best befit our age:  
Let pearcing bulletts turne to sugar bals,  
The Spanish feare is hush't, and all their rage.  
Of marmelade and paste of Genna,  
Of musked sugar I intend to write,  
Of Leach, of Sucket, and Quidinea,  
Affording to each Lady her de ijt.  
I search both fruits and flowers to preserue,  
And candy them so Nutm-gs, Cloves, and Mace,  
To make both marchpane paste, and sugred plate,  
And cast the same in formes of sweetest grace.  
Each bird and foule so moulded from the life,  
And after cast in sweet compounds of Art,  
As if the flesh and forme which Nature gaue,

Did

## THE EPISTLE.

Did still remaine in every lim and part.

When crystall frost hath nipt the tender grape,  
And cleane consum'd the fruits of every vine,  
Yet here behold the clusters fresh and faire,  
Red from the branch, or hanging on the line.

The Wallnut, small nut, and the chesnut sweet,  
Whose sugred kernels lose their pleasing taste,  
Are here from yeere to yeere preserued meat,  
And made by arte with strongest fruities to last:  
be Artichoke and th' Apple of such strength,  
be Quince, Pomegranate, with the Barbarie,  
No sugar vs'd, yet colour taste and smell,  
Are here maintain'd and kept most naturally.

or Ladies closets, and their stillatories,  
With waters, ointments, and sweet smelling bals,  
To easie tearmes without affected speech,  
Here present most ready at their cals.  
And least with carelesse pen I should omit  
The wrongs that Nature on their persons wrought,  
Parching sun with his hot fire raises,  
Or these likewise releueing meanes I sowze.

to idle thoughts, nor vaine surmised skilz,  
No fancies framde within a theoricke braine,  
My Muse presents unto your sacred eares;  
Win your fauours falsely I disdaine.

From painfull practice, from experience,  
And, though costly, mysteries derive;

## THE EPISTLE.

With firie flames, in scorching Vulcans forge,  
To teach and fine each secret Idoe strine.  
Accept them well, and let my wearied Muse  
Repose her selfe in Ladies laps awhile.  
So when she wakes, she happily may record  
Her sweetest dreames in some more pleasing stil.

H. PLAT.



## THE TABLE.

ge, **G**ood Reader, for the understanding of this  
table, knowe that a, b, c, d, doe giue dire-  
ctions unto the foure severall partes or Treas-  
ties of this booke: (a) for the first, the rest in  
their order.

### A

#### A Nula Campana rootes preserued

Almonds in leach	a, 1
Almond butter to make	a, 17
Almonds into gelly	a, 58
Aliger distilled	b, 16
Apples kept dry all the yeare	a, 47
Aqua rubea	b, 7
Aqua composita of D. Stevens	b, 8
Artichokes kept long.	a, 69

### B

#### B Ays sweet to lie amongst linnen

Ball to take out Raines	d, 3
Ball to wash with	d, 8
Salme water	b, 5
Scutanger	c, 11
Beefe rosted kept long	c, 18

THE TABLE.

Beefe powdered, kept long without charge	Ca
Beefe fresh at the sea	c, 19 Ca
Beautie for the face	c, 20 Ca
Bisket bread, or French bisket	d, 7. 14 Ch
Bisket called Prince bisket	a, 19 Ch
Bisket called biskettello	a, 20 Ch
Bloud of hearbes	a, 21 Ch
Borage candied	b, 21 Ch
Bottling of Beere truly	c, 11 Ch
Bottles muske helped	c, 27 Ch
Bottle Ale most excellent	c, 21 Ci
Brawne to eat tender and delicate	c, 31 Co
Broome capers preserued	a, 37 Co
Broiling without smoke	c, 26 Co
Bruse helped	d, 24 Co
Butter tasting of spice or flowers	a, 21 Co

C

<b>C</b> akes sweet vwithout spice or sugar	a, 6 Co
Candyng of flowers	a, 9. 53 Co
Candyng in rock candie	a, 33. 42 Co
Candyng of orange pilles	a, 35 Co
Candles for Ladies tables	c, 39 Co
Candles hanging in the aire	c, 40 Co
Capers of broome preserued	a, 37 Co
Capon boiled in white brosh	c, 9 Co
Casting	

THE TABLE.

charge	Casting in sugar plate	a, 17
c, 19	Casting of sugar in party moulds	a, 43
c, 26	Casting and moulding of fruit	a, 44
d, 7. 14	Cherries preserued	a, 8
a, 15	Cherie pulpe kept dry all the yeere	a, 45
a, 20	Cherries dried in the lunne	a, 46
a, 21	Cheese extraordinarie	c, 32
b, 21	Chestnuts kept long	a, 73
a, 11	Chilblanes helped	a, 15
c, 27	Chinc of Veale or Chicken boiled	c, 20
c, 21	Cinnamon water	b, 10
c, 31	Collis white and like gelly	a, 55
c, 23	Comfits of all sorts	a, 54
a, 37	Conserues of Prunes or Damsons	a, 50. 53
c, 26	Conserue of Strawberries	a, 51
d, 24	Cowcumbers preserued	a, 36
a, 21	Cowslop paste	a, 40
	Cowslop water, or vinegar of the colour of the Cowslop	a, 34
	Crayfish kept long	c, 32
a, 6	Creame clowted.	c, 23

9. 53

3. 43

a, 35

c, 39

c, 40

a, 37

c, 5

fting

D

D	Amaske powder	d, 19
Damsons in marmelade		a, 32
Damson pulpe kept all the years		a, 45
Damsons in conserue		a, 50. 52
Dentifrices for the teeth		d, 26

A. 5

Distil.

THE TABLE.

Distillation of hearbes in a new manner

Flow

Drying of fruities in the sunne.

b, 11 Fru

a, 46 Fru

Fru

Fru

E

**E** Glantine water

b, 20

Eringo rootes preserued

a, 1

Extract of vegetables.

b, 19

Ge

Gi

**F** Ace spotted or freckled to help

d, 6

23

Face made faire

d, 7. 14

Face full of heate helped.

d, 11. 16

17. 18. 19. 20. 21

Face kept white and cleare

d, 9. 2

Fish into paste

c, 14

Fish fried kept long

c, 17

Flesh kept sweet in summer

c, 24

Fliess kept from oile pecces

c, 30

Flounder boyled on the French fashion

c, 3

Flowers preserued,

a, 7

Flowers candied

a, 9. 11

Flowers in rock candy

a, 42

Flow-

THE TABLE.

Flowers dried without wrinkling	3, 63
Fruit preserued	3, 8
Fruite how to mould and cast	3, 44
Fruit kept dry all the yeere	3, 45. 46. 47
Fruit kept long fresh	3, 70

G.

b, 20	
a, 1	Gelly crystalline
b, 19	Gelly of frutes
	Gelly of Almonds
	Gilliflowers kept long
	Gilliflowers preserued
	Gilliflower water
d, 6	Gingerbread
23	Gingerbread dry
7. 14	Ginger in rocke candle
1. 16	Ginger green in sirup
2. 21	Ginger candied
1. 22	Gloues to perfume
2. 24	Gooseberries preserued
2. 17	Grapes growing all the yeere
2. 24	Grapes kept till Easter.

H.

H	Andwater excellent	d, 2. 28
H	Hands stained to helpe	d, 5.

THE TABLE.

Handes freckled to helpe	d, 6	Le
Handwater of Scotland.	b, 21	Le
Hazell nuts kept long	a, 72	Le
Haire blacke altered	d, 30. 37	Le
Haire made yellow	d, 36	Li
Hearbs distilled in a new manner	b, 11	Lo
Hearbes to yeeld salt	b, 12	
Hearbs to yeeld bloud	b, 22	
Hony to yeeld spirit	b, 13	

I

<b>I</b> RISH Aquavite	b, 9	M
<b>I</b> Isop distilled in a new manner	b, 13	M
<b>I</b> uyce of Orenges or Lemmons kept all the yeere.	c, 35	M
<b>I</b> umbolcs to make	a, 16	M

L

<b>L</b> arkes to boyle	c, 4	M
<b>L</b> auender distilled in a new manner	b, 11	M
<b>L</b> each of Almonds	a, 27	M
<b>L</b> each	a, 59	M
<b>L</b> eg of mutton. boyled after the French fashion.	c, 7	M
	Lsm	

THE TABLE.

d, 6	Lemmons in Marmelade	a, 48
, 21	Lemon moulded and cast	a, 44
, 72	Lemmon iuyce kept all the yere	c, 35
, 37	Lettuce in fucket	a, 33
, 36	Liquerice paste	a, 40
, 11	Lobsters kept long	c, 38
, 12		
, 22		
, 13		

M

<b>M</b>	Ace in rocke candie	a, 48
	Mallard to boyle	c, 6
b, 9	Marchpane paste	a, 12. 18
, 13	Marigolds preferued	a, 7
the	Marigolds candied	a, 9. 18
, 35	Marigold paste	a, 40
, 16	Marmelade of Quinces or Damsons	a, 30
	Marmelade of Lemmons or Oringes	a, 48
c, 4	May-dewe clarified.	a, 33
	Morphew helped	d, 21. 22
, 11	Mulberries in gelly	a, 29
, 27	Muske sugar	a, 2
, 59	Mustard meale	c, 25
fa-	Muslinesse helped or pruented in waters	b, 24
c, 7		<u>Nut.</u>
cm-		

THE TABLE.

N

**N** Utmegs in rock candie,  
Nutmegs candied.  
Nuts molded and cast off  
Nuts kept long

O

**O** Renges preserved  
Ornge pils candied  
Ornges in marmelade  
Ornge molded and cast off  
Ornge juice kept all the yere  
Oysters kept long

P.

**P** Astre of flowers  
Paste of Nouie  
Paste to keepe one moist  
Paste called pust paste  
Paste short without butter  
Paste of Genua of Quincea.  
Paste of fish  
Pearspolded and cast off

a, 33. 43	Pear
a, 34	Pear
a, 44	Pige
a, 72	Pige
	Pige
	Pige
a, 34	Plu
a, 35	Plu
a, 41	Por
a, 44	Por
c, 35	Por
c, 15	Por
	Por
	Pre
	Pre
a, 14. 40	Pul
a, 15	Pul
a, 17	Pul
a, 34	Pul
a, 33	Qu
a, 30	Qu
c, 14	Qu
a, 44	Qu
	Pear

THE TABLE.

Pearcs kept dry	a, 47
Perfumes delicate and suddenly made	d, 31
3. 4. Perfuming of gloucs	d, 34
2, 3. 4. Pickrel boiled on the French fashion	c, 3
2, 4. Pigeons of Sugar paste	a, 10
2, 7. 2. Pigeons boiled with Rice	c, 9
Pigge to lowle	c, 1. 2
Pigges petitocs boyled after the French fashion	c, 8
2, 3. 4. Plums preserved	a, 8
2, 3. 5. Plums dried in the Sunne	a, 46
3. 4. 1. Pomander to make	d, 4
3. 4. 4. Pomander renewed	d, 32
c, 3. 5. Pomatum most excellent for the face	
2, 1. 5.	d, 13
Pomegranates kept long	a, 68
Preseruing of rootes	a, 1
Preseruing of Cowcumbers,	a, 36
Prunes in conserue	a, 50. 52
4. 4. Pulpe of fruite kept all the yeare.	a, 45
3. 15	
1, 17	
2, 34	
3. 23	
2, 30	
3. 14	
2, 44	
arcas	

Q

<b>Q</b> Vidinia of Quinces	a, 18
Quinces into paste of Genua	a, 30
Quinces in marmelade	a, 32
Quinces kept dry all the yeare	a, 47
Quinces	

THE TABLE.

Quinces kept long

a, 6 Ros

R

R Abbets of sugar paste

a, 11

Raspices in gelly

a, 25

Rootes preserued

a, 1

Rootes candied

a, 5

Ros. solis to make

b, 6

Rosemary flowers candied

a, 6

Rose leaues to dry

a, 36

Rose syrup

a, 15

Roses preserued

a, 15

Roses and Rose leaues candied

a, 9. 11

Rose paste

a, 40

Roses kept long

a, 61

Rose leaues dryed without wrinkles

Sp

Rosewater stilled at Michaelmas

a, 63

Rosewater distilled in a speedy manner

Sp

Roses to yeeld a spirit

b, 15

Rosewater most excellent

Sp

Rosewater, and yet the Rose leaues not discolorred

b, 17

Rosewater and oyle drawn together

Sp

Rosewater and oyle

b, 23

Rosewater and oyle drawn together

Sp

Rosewater and oyle drawn together

b, 25

Rosewater and oyle

Sp

THE TABLE.

a, 6	Rosewater of the colour of the Rose	c, 34
	Rose Vinegar of the colour of the Rose	c, 34
	Rose Vinegar made in a new manner	c, 48
a, 11		
a, 25		
a, 1		
a, 5		
b, 6	<b>S</b> allet oyle purified and graced in taste and	
a, 1	smell	c, 36
a, 36	Salmon kept long fresh	c, 16
a, 1	Salt of hearbes	b, 12
a, 1	Salt delicate for the Table	c, 38
9. 11	Sawfedges of Polonia	c, 14
a, 40	Sirup of Violets	a, 4
a, 61	Sirup of Roles	a, 5
	Sparrowes to boile	c, 4
a, 63	Spirit of wine extraordinary	b, 1
b, 14	Spirits of wine ordinary	b, 3
b, 15	Spirits of Spices	b, 3
a, 17	Spirit of wine tasting of any vegetable	
a, 18		b, 4
isco.	Spirit of hony	b, 13
a, 23	Spirit of hearbes and floweres	b, 17
	Skinne white and cleare	d, 2
a, 25	Sunburning helped	d, 22
isco.		Stone

THE TABLE.

Stone to sweat in	d, 27	Vi
Strawberries in gelly	a, 29	Vi
Strawberries in conserue	a, 51	
Sucket of Lettuce stalkes	a, 31	Vi
Sucket of greene Walnuts	a, 49	
Sugar musket	a, 1	
Sugar paste for soule	a, 10	
Sugar plate to cast in	a, 13	
Sugar plate of flowers	a, 14	
Sugar plate to colour	a, 38	
Sugar cast in party mouldes	a, 43	
Sugar smelling and tasting of the cloue or ci- namon.	a, 71	

T

Tale to boile	c, 6	
Teeth kept white and sound	d, 10	
Thyme distilled in a new manner	25, 16	
Trotters for the Sea.	b, 11	
	a, 39	

V

VInegar distilled	b, 16	
VInegar to clarifie	c, 37	
Violet sirup	a, 4	
	Violet	

THE TABLE.

a, 27	Violet paste	a, 40. 41
a, 29	Violet water, or vinegar of the colour of the	
a, 51	violet	c, 34
a, 31	Vluebath	b, 9

W

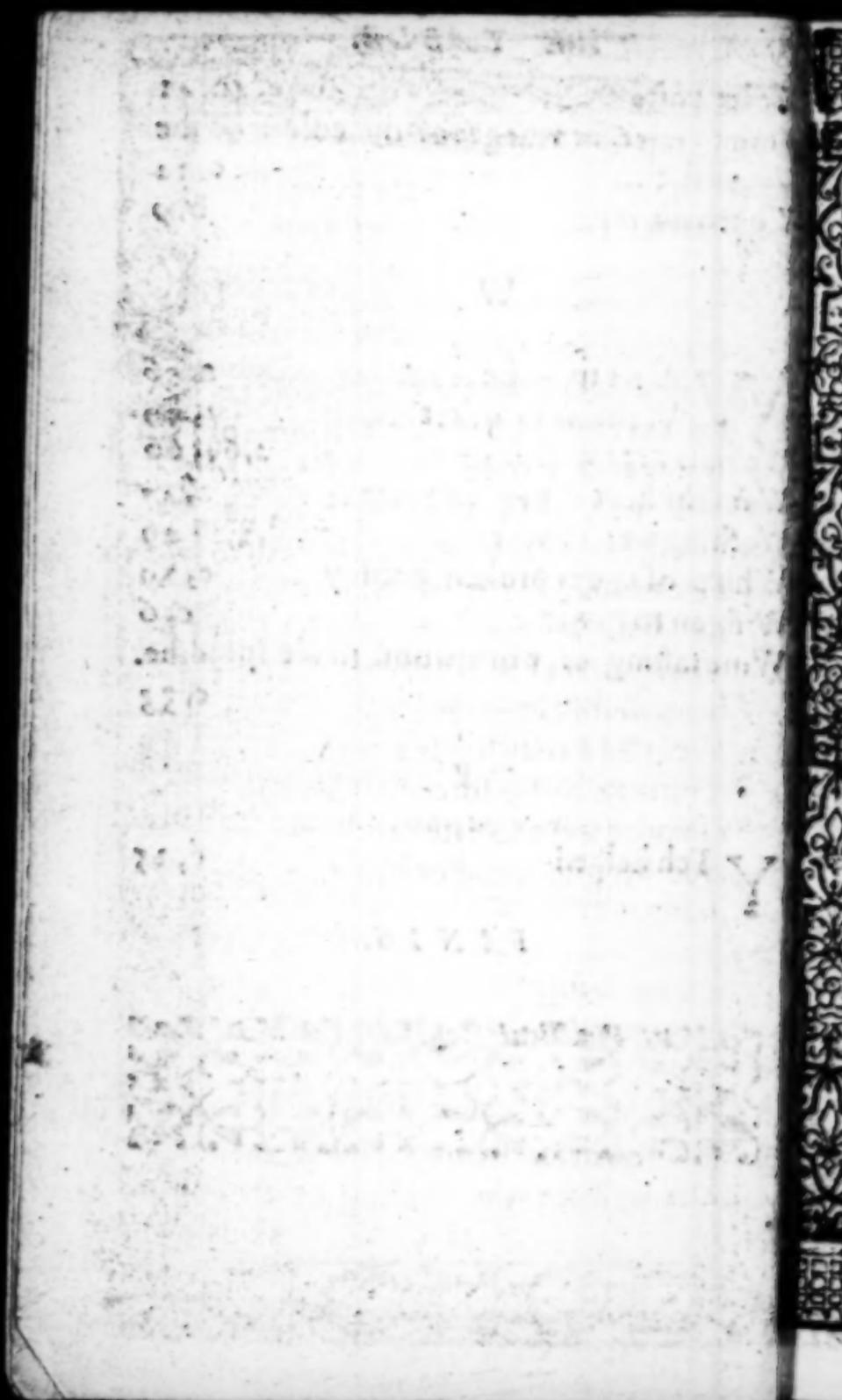
<b>W</b>	Afers to make	a, 56
	Walnuts in sucket	a, 49
	Walnuts kept fresh long	a, 65, 66
	Wardens kept dry all the yeere	a, 47
	Washing water sweet	b, 21. d, 2, 28. 29
	Whites of egges broken speedilie	c, 39
	Widgen to boyle	c, 6
	Wine tasting of wormwood made speedilie.	c, 33

Y

<b>Y</b>	Tch helped	d, 25
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FINIS.





# The Art of Preseruing, Conseruing, Candy- ing, &c.

## 1. How to preserue Eringo rootes, An- nula Campana, and so of others in the same manner.

**S**et them till they be tender, then take away the pits of them, and leaue them in a colander vntill they haue dropped as much as they will: then having a thin sirup ready, put them beeing colde into the sirup beeing also cold, and let them stand so 3. dayes, then boyle the sirup (adding some more fresh sirup vnto it to supply that which the rootes haue drunk vp) a little higher, & at 3. dayes ende boyle the sirup againe without any newe addition, vnto the full height of a preseruing sirup, and put in your rootes, and so keepe them. Rootes  
preserued

*The Arte of preserving,*

preserved in this manner will eate very tender, because they never boyled in the sirup.

*2. How to make muske sugar of common sugar.*

**B**RUSE 4. or 6. graines of muske, place them in a peece of Sarcebet, fine Lawne or Cambricke doubled: lay this in the bottome of a galley potte, strewing your Sugar theron, stoppe your pot close, and all the sugar in a fewe dayes will bothe sent and taste of muske: and you may lay more sugar theron, whē you haue spent that sugar, which will also receive the like impression. Such musk sugar is sold for two shillings the pound.

*3. How to dry Roseleaves in a most excellent manner.*

**V**HEN you haue newly taken out your bread, then put

Conseruing, candying, &c.

In your Roses in a sive, first clypping away the vvhites, that they may be all of one colour: lay them about one inch in thicknesse in the sive, and when they haue stood halfe an hour or there about, they will growe whitussh on the toppe, let them yet remaine without stirring till the vppermost of them bee fully dried: then stirre them together, and leaue them about one other halfe houre: and if you fiade them dry in the toppe, stirre them together againe, and so continue this worke vntill they be throughly dryed, then put them hot as they are into an earthen potte, hauing a narrow mouth, and bceing well leaded within, (the Refiners of gold and siluer, call these pottes, hookers) stoppe it with corke and wet parchment, or vwith Waxe and Rosen mixed together, and hang your pot in a chimney, or neere a continuall fire, and so they will keepe exceeding faire in colour, and most delicate

The Arte of preserving,

care in sent. And if you feare their  
relenting, take the Roseleaves about  
Candlemas, and put them once a-  
gaine into a sieue, stirring them vp  
and downe often till they bee dry  
and then put them vp againe hote in-  
to your pot.

Note that you must settē vp your  
oven lidde, but not lute it about whē  
you set in your roseleaves, either the  
first or second time. Post, numero 6.

4. A most excellent sirup of Violets, both  
in taste and tincture.

**E**xpreſſe the iuice of clipt Vio-  
lets, and to three parts of iuyce  
take one fourth part of conduit  
water, put the ſame into an Ala-  
blaſter mortaſ, with the leaves  
vvhich you haue ſtamped, and  
wring the ſame out thorough a  
cloth, as you did at the firſt, io  
to the other iuyce, put thereto a ſu-  
ſicient proportion of the firneſt ſu-  
gar

Conseruинг, candying &c.

ger and brought also into a most fine powder, let the same stand tenne or twelue houres in a cleane glazed earthen pan, then draine away the clearest, and put it into a glasse, and put thereto a few droppes of the iuyce of Lemmons, and it will becom cleere, transparent, and of the violet colour. Then you may expresse more iuyce into the Sugar, which will settle in the botome, with some of the thickest part of the iuyce: and heating the same vpon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more then diuerse Apothecaries doe.

5. A singular manner of making the  
sirup of Roses.

Fill a siluer bason three quarters full of rain water, or Rosewater: put thereto a conuenient proportion

B of

The Arte of preserving,

of Rose leaues, couer the bason and set it vpon a pot of hot water (as wee vsually bake a Custard) in three quarters of an houre, or one vvhole houre at the most, you shall purchase the whole strength and tincture of the Rose: then take out those leaues, wringing out all their liquor gently, and steepe more fresh leaues in the same water, continue this iteration seauen times, and then make it vp in a sirrup, and this sirrup worketh more kindly than that which is made meely of the iuyce of the rose. You may make sundry other sirrups in this manner. Quere of hanging a pewter head ouer the bason, if the ascending water will be wroth the keeping.

6. Another way for the drying of Rose-leaues.

Dry them in the heat of a hote sunny day vpon a Leades, tur-

Concerning, candying, &c.

turning them vppe and downe till they be dry ( as they doe hay ) then put them vp into glasse well stopt & luted, keeping your glasse in warme places, and thus you may keepe all flowers: but herbes after they are dried in this manner, are best kept in paper bags, placing the bags in close Cupboards.

7. How to preferne whole Roses, Gilli-flowers, Marigolds, &c.

**D**ippe a rose that is neither in the bud nor ouerblowne, in a sirup, consisting of sugar double refined, & Rosewater boyled to his full height, then open the leaues one by one, with a fine smooth booke either of bone or wood, and presently if it be a hote sunny day, and whilst the sunne is in some good height, lay them on papers in the sunne, or else dry them with some gentle heate in

The Arte of preserving,

a close roome, heating the roome before you settethem in, or in an oven vpon papers, in pewter dishes, and then put them vp in glasses, and keepe them in dry cupbordes neere the fire. You must take out the seedes if you meane to eate them. You may prooue this, preserving with sugar candy, in stead of sugar, if you please.

8. *The most kindly way to preserve plums, cherries, gooseberries, &c.*

Y

OU must first purchase some reasonable quantitie of their owne iuyce, with a gentle heate vpon embers, in pewter dishes, dividing the iuyce full as it commeth in the strewing, then boyle each fruit in his owne juice, with a convenient proportion of the best refined sugar.

9. *How*

Conseruing, candying, &c.

9. How to candy Rosemary flowers, Rose leaves, Roses, Marigolds, &c. with preservation of colour.

**D**issolve refin'd, or double refined sugar, or sugar candy it selfe in a little Rosewater, boyle it to a reasonable height, put in your rootes or flowers when your sirup is either fully colde, or almost cold, let them rest therein till the siruppe haue pearced them sufficiently, then take out your flowers with a skimmer, suffering the loose sirup to runne from them so long as it will, boile that sirup a little more, and put in more flowers as before, diuide them also: then boyle all the sirup which remaineth and is not drunke vp in the flowers, to the height of *manus Christi*, putting in more sugar if you see cause, but no more Rosewater, put your flowers therein when your sirup is cold or almost cold, & let them stand till they candy.

*The Arte of preseruing,*

10. A most delicate & stiffe sugar paste  
whereof to cast Rabbets, Pigeons, or  
any other little bird or beast, either  
from the life or carued moldes.

**F**irst dissolve Isinglasse in faire wa-  
ter or with some Rosewater in the  
latter end, then beate blanched al-  
monds as you would for Marchpane  
stiffe, and draw the same with cream,  
and Rosewater (milk will serue, but  
creame is more delicate) then put  
therein some powdered sugar, into  
which you may dissolve your Ising-  
glasse being first made into gelly, in  
faire warme water (note, the more I-  
singlasse you put therein, the stiffer  
your worke will proue) then hauing  
your rabbets, woodcock, &c. molded  
either in plaster from life, or else car-  
ued in wood (first anointing your  
wooden molds with oyle of sweet al-  
monds, and your plaster or stone  
molds with harrowes grease) poure  
your sugar paste thereon.

Conseruynge, candying, &c.

A quart of creame, a quarterne of almonds, two ouuces of Isinglass, & foure or sixe ounces of sugar, is a reasonable good proportion for this stuffe. *Quere* of moulding your birds, rabbets, &c. in the compound waxe mentioned in my *Tewell house*, in the title of the *Arte of moulding & casting*, page 60. For so your moulds will last long.

You may dredge ouer your foule with crummes of bread, cinnamon & sugar boiled together, and so they will seeme as if they were rosted and breaded: Leach and gelly may be cast in this manner.

This paste you may also driue with a fine rowling pinne, as smooth and as thinn as you please; it lasteth not long, and therefore it must be eaten within a few daies after the making thereof. By this meanes a banquet may be presented in the forme of a supper, beeing a very rare & strange devise.

*The Arte of preseruing,*

**11.** *To candy Marigolds, Roses, Borage,  
or Rosemary flowers.*

**B**Oile Sugar, and Rosewater a little vpon a chafingdish vvit coales, then put the flowers (bceing throughly dried, either by the sunne or on the fire) into the sugar, and boyle them a little, then strew the powder of double refined sugar, vpon them, and turne them, and let them boile a little longer, taking the dish from the fire, then strew more powdered sugar on the contrary side of the flowers. These wil dry of themselves in two or three houres in a hote sunny day, though they lie not in the sunne.

**12.** *To make an excellent Marchpane  
paste to print off in moldes for ban-  
queting dishes.*

**T**AKE to every Iordan Almond blauched, three spoonetulles of the

Concerning candyng, &c.

the whiteſt refined ſugar you can get, leaue your ſugar, and now and then as you fee cauſe put in two or three droppes of damaske Roſewater, beat the lame in a ſmooth ſtone mortaſ, with great labour, vntill you haue brought it into a dry ſlaffe paſte, one quarter of ſugar is ſufficient to work at once.

Make your paſte in little balleſ, every ball containing ſo much by eſtimation as will couer your mold or print, then rule the lame with a ſewing pinne, vpon a ſheet of clean paper, without ſtrewing any powdered ſugar either vpon your paſte or paper.

There is a Countrey Gentlewoman whom I could name, which venteth great ſtore of ſugar cakes made of this composition. But the onely fault which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almonds and therefore you may prooue th making thereof with ſuch almonds.

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which haue had some part of their  
oile taken from them by expression,  
before you incorporate the with the  
sugar, and so happily you may mixe  
a greater quantity of them with the  
sugar, because they are not so oylic  
as the other.

You may mixe cynamon or ginger  
in your paste, & that will both grace  
the taste, & a'ter the colour; but the  
spice must pass through a faire learse:  
you may steep your almonds in cold  
water all night, and so blanch them  
cold, and being blanched, dry them  
in a sive ouer the fire. Hene the gar-  
ble of almonds will make a cheape  
paste.

13. *The making of sugar plate, and ca-  
sting thereof in earned moldes.*

**T**ake one pound of the whitest  
refined or double refined Su-  
gar, if you can gette it, put thereto  
three ounces (some confit-makers,  
put

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put sixe ounces for more gaine ) of  
the best starch you can buy , and if  
you dry the Sugar after it is pou-  
dered , it will the sooner passe tho-  
rough your Lawne searce : then  
searce it and lay the same on an heape  
in the midst of a sheet of cleane pa-  
per : in the middle of which masse ,  
put a pretie lumpe of the bignesse of  
a vvalnut of gumme dragagant , first  
steeped in Rosewater one night ; a  
porenger full of Rosewater is suffi-  
cient to dissolve one ounce of gum  
( which must first bee vwell picked ,  
leaving out the diosse ) remem-  
ber to straine the gumme through  
a canuas , then having mixed some  
of the white of an egge vwith your  
strained gumme , temper it with the  
sugar betwixt your fingers by little  
and little , till you haue wrought  
vp all the Sugar and the gunme  
together into a stiffe paste , and in  
the tempering let there be alwaies  
some of the sugar betweene your  
fingers and the gunme , then dust  
your

*The Arte of preseruing,*

your wodden mouldes a little with some of that powdered sugar thorough a pece of Lawne or fine linnen cloath: and having driven out with your rowling pone a sufficient portion of your paste to a convenient thicknes, couer your molde therewith, pressing the same downe into euery hollowe part of your mold with your fingers; and when it hath taken the whole impression, knock the mold on the edge agaist a table, and the paste will issue foorth with the impression of the mold vp on it: or if the mold bee deepe cut, you may put in the point of your knife gently into the deepest parts heere and there, lifting vp by little and little the paste out of the molde.

And if in the making of this paste, you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, then more gum: you must also work this paste into your molds, as speedily as you can,

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can, after it is once made, and before it harden, and if it growe so hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste all thols pieces which haue no part of the worke vpon them, and walke them vp with the paste which remaineth; and if you will make sawcers, dishes, hoawls, &c. then (having first driven your paste vpon paper, first dusted ouer with sugar to a conuenient largenesse and thicknesse) put the paste into some lawcer, dish or hoawle of a good fashion, and with your finger prese it gently downe to the insides thereof, till it resemble the shape of the dish, then pare awy the edges with a knife, euyn with the skirt of your dish, or sawcer, and sette it against the fire till it bee dry on the inside, then with a knife gette it out as they vse to doe a dish of butter, and dry the backside; then gilde it on the edges vith

the

*The Arte of preserwing.*

the white of an egge laide rounde about the brim of the dish with a pen-fil, and presse the gold downe vwith some cotton, and when it is dry, skew or brush off the gold with the foot of a Hare or Coney. And if you vwould haue your paste exceeding smooth, as to make cardes and such like conceits therof, then roule your paste vpon a sliced paper with a smooth and polished rowling pin.

*14. A way to make sugar plate both of colour and taste of any flower.*

**T**ake violets and beate them in a mortar with a little hard Sug<sup>r</sup>, then put into it a sufficient quantitie of Rosewater, then lay your gumme in steepe in the water, and so worke it into paste, and so will your paste bee both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Bugloss, or any other flower.

Concerning candying &c.

15. To make paste of Nonsie.

**T**ake a quarter of a pound of Valentian almonds, otherwise call'd the small almonds or Barbarie almonds, and beat them in a mortar till they come to paste, then take stale manchet beeing grated, & dry it before the fire in a dish, then sift it, then beat it with your almonds, put in the beating of it a little cinnamon, ginger, and the iuyce of a Lemmon, and when it is beaten to perfitt paste, print it with your moldes, and so dry it in an ouen after you haue drawn your bread: this paste will last all the yeare.

16. To make Inmbolds.

**T**ake halfe a pound of Almonds beeing beaten to paste with a short cake beeing grated, and 2. egs, 2. ounces of carroway seedes, beeing beaten

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beaten, and the iuyce of a Lemmon: and being brought into paste, roule it into round strings, then cast it into knots, and so bake it in an ouen, and when they are baked, ice them with Rosewater and sugar, and the white of an egge beeing beaten together, then take a seather and gilde them, then put them againe into the ouen, and let them stand in a little white, & they will be yced cleane ouer with a white vce, and to box them yp, and you may keepe them all the yeere.

17. To make a paste to keepe you moist if you list not to drink oft, which Ladies vse to carry with them whē they ride abroad.

TAKE halfe a pounde of Damaske prunes and a quarten of dates, stone them both, and beate them in a mortar with one yar den beeing rosted; or else a slice of olde marm-

Concerning candizing, &c.

marmelade and so print it in your moldes, and dry it after you haue drawne bread, put Ginger vnto it, & you may serue it in at a banquet.

18. To make a Marchpane.

**T**ake two pound of Almonds beeing blanched and dryed in a sive ouer the fire, beate them in a stone mortar, and when they be small mix with them two pound of sugar being finely beaten, adding two or three spoonfulls of Rosewater, and that will keepe your Almonds from oyling: when your paste is beaten fine, drise it thin with a rowling pin, and so lay it on a bottome of wafers, then raise vp a little edge on the side, and so bake it, then yce it with Rosewater and Sugar, then put it into the ouen againe, and when you see your yce is risen vppe and dry, then take it out of the Ouen and garnish it with

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with pretie conceits, as birds & beasts being cast out of standing moldes. Stick long comfits vpright in it, cast biskets and carrowares in it, and so serue it; gild it before you serue it: you may also print off this Marchpane paste in your moldes for banqueting dishes. And of this paste our comfitmakers at this day make their letters, knots, Armes, Biscocheons, beasts, birds, and other fancies.

*19. To make bisket bread, otherwise called French bisket.*

**T**ake halfe a pecke of fine flower, two ounces of coriander seedes, one ounce of anniseedes, the whites of fourt egges, halfe a pinte of Ale yeast, and as much water as will make it vp into stiffe paste, your water must be but blood warme, then bake it in a long roll as bigge as your thigh, let it stay in the ouen but one houre, & when it is a day olde part

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pare it and slice it ouerthwart, then sugar it ouer with fine powdered sugar, and so dry it in an ouen againe: and beeing dry, take it out and sugar it againe, then box it, & so you may keepe it all the yeere.

20. *To make prince bisket.*

**T**ake one pound of very fine flower, and one pound of fine sugar, & eight egges, & two spoonefulls of Rosewater, and one ounce of Carroway seedes, and beate it all to batter one whole houre, for the more you beat it, the better your bread is, then bake it in coffins of white plate, beeing basted with a little butter before you put in your batter, and so keepe it.

21. *To make another kinde of bisket cal-  
led biskettello.*

**T**ake halfe an ounce of gumme-  
Dragagant, dissolved in Rose-  
water

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Rosewater with the iuice of a Lem-  
mon & two graines of muske, then  
strain it through a faire linnen cloth  
with the white of an egge, then take  
halfe a pound of fine Sugar beeing  
beaten, and one ounce of Carroway  
seedes, beeing also beaten, and sear-  
ced, and then beat them all together  
in a mortir till they come to paste,  
then roll them vp in small loaves a-  
bout the bignesse of a small egge, put  
vnder the bottome of every one, a  
peece of a wafer, and so bake them in  
an ouen vpon a sheet of paper, cut  
them on the sides as you doe a man-  
chet, and pricke them in the midst:  
when you breake them vp, they will  
be hollow and full of eyes.

*22. To mak: Gingerbread.*

**T**AKE three stale Manchets  
and grate them, dry them, and  
sift them through a fine sive, then  
adde

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adde vnto them one ounce of Ginger beeing beaten, and as much Cynamon, one ounce of Liquorice and Anniseeds beeing beaten together & searced, halfe a pound of sugar, then boile all these together in a posnet, with a quart of claret wine till they come to a stiffe paste with often stirring of it; and when it is stiffe, mold it on a table and so drive it thin, and put it in your moldes: dust your moldes with Cynamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Gingerbread vsed at the Court, and in all Gentlemens houses at festiuall times. It is otherwise called dry Leach.

23. To make dry Gingerbread.

**T**ake halfe a pound of Almonds and as much grated cake, and a pound of fine Sugar, and the yoiks of two new layd egges, the iuyce

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juice of a lemmone, and 2. graines of musk, beat all these together til they come to a pastē, then print it vwith your moldes, and so dry it vpon pa-  
pers in an ouen after your bread is drawne.

*24. To make puffe pastē.*

**T**ake a quart of the finest flow-  
er and the whites of three egges,  
and the yolks of two, and a little cold  
water, and so make it into perfect  
pastē, then drive it with a rouling pin  
abrode, then put os small peeces  
of butter as big as Nus vpon it, then  
fold it ouer, then drive it abroade a-  
gaine, then put small peeces of butter  
vpon it as you did before: doe this  
ten times, alwaies folding the pastē  
and putting butter betweene euerie  
fold. You may conuey any pretē for-  
ced dish, as Florentine, Cherry-tart,  
Rice, or Pippins, &c, betweene two  
sheetes of that pastē.

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25. To make paste short without butter.

**T**ake a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet, then take the yolkes of two or three egges, and a pint of creame, & make paste, put into it two ounces of sugar beeing finely beaten, and so you shall make your paste short without butter or suet. In like sort when you make sugar cakes bake your flower first.

26. To make crystall gelly.

**T**ake a knuckle of veale, and two calves teete (your calves teete being flayed and scalded) and boile them in faire spring water, and when they are boyled readie to eate, you may saue your flesh and not boyle it to peeces, for if you doe so, the gelly will looke thicke, then take a quart of the clearest

of

*The Arte of preseruинг,*

of the same broth, and put it into a  
pynet, adding thereto Ginger,  
white pepper, sixe whole cloues, one  
nutmeg quartered, one graine of  
musk, put all these whole spices in a  
little bagge, and boile them in your  
gelly, scalion it with foure ounces of  
sugar candie, and three spoonfulls of  
Rosewater, so let it runne through  
your gelly bag: and if you mean to  
haue it looke of an amber colour,  
bruise your spices, and let them boile  
in your gelly loose.

*27. To make Leach of Almonds.*

**T**AKE halfe a pound of sweet Almonds, and beat them in a mor-  
tar, then straine them with a pint of  
sweet milk frō the cow, then put vnto  
it one graine of musk, two spoonfulls  
of Rosewater, two ounces of fine su-  
gar, the waight of three whole shil-  
lings of Isinglassie that is very white,  
and

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and so boyle them, then let all runne through a strainer, then may you slice the same and so serue it.

28. To make Quindins of Quinces.

Take the kernells our of eight great Quinces, and boyle them in a quart of spring water, till it come to a pinte, then put into it a quarter of a pinte of Rosewater, and one pounde of fine sugar, and so let it boyle till you see it come to bee of a deepe colour: then take a droppe, and droppe it on the botome of a sawcer, and if it stand, take it off, then let it runne through a gelly bagge into a bason, then sette on your bason vpon a chafing-dish of coales to keepe it vvarme, then take a spoone, and fill your boxes as full as you please, and when they bee colde couer them: and if you please to printe it in moldes, you must have moldes made to the bignesse of your boxe, and wet your

C moldes

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moldes with Rosewater, and so let it runne into your molde, and vwhen it is colde turne it off into your boxes. If you vsette your moldes with vwater, your gelly will fall out of them.

*29. To make gelly of Strawberries, Mulberries, Raspisberries, or any such tender fruite.*

**T**ake your berries and grind them in an Alabaster mortar vwith foure ounces of sugar and a quarter of a pint of faire water, and almyght Rosewater, and so boile it in a posset wch a little pcece of Inglistone, & so let it runne through a fine cloth into your boxes, and so you may keepe it all the yeere.

*30. To make paste of Genua of Quinces.*

**T**ake Quinces and pare them and cut them in slices, and bake them

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them in an ouen dry in an earthen  
potte without any other iuyce then  
their owne : then take one pound  
thereof, straine it, and put it into a  
stone mortar with halfe a pound of  
sugar, and when you haue beaten  
it vp to past, print it in your moldes  
and dry it three or fourre times in an  
ouen after you haue drawne bread,  
and when it is throughly dry & har-  
dened, you may boxe it, and it will  
keepe all the yeere.

31. To make Marmelade of Quinces or  
Damsons.

**V**hen you haue boiled your  
Quinces or Damsons suffi-  
ciently, straine them ; then dry  
the pulpe in a panne on the fire, and  
when you see there is no water in it,  
but that it beginneth to bee stiffe,  
then mixe two pounde of Sugar  
with three pounde of pulp, this Mar-  
melade will bee white marmelade :  
and if you will haue it looke with

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with an high colour, put your sugar and your pulpe together, so soone as your pulpe is drawne, and let them both boile together, and so it vwill looke of the colour of ordinary marmalade, like vnto a stewed warden: but if you dry your pulpe first, it will looke white and take lesse sugar: you shall knowe when it is thicke enough, by putting a little into a fawer, letting it coole before you box it.

32. *To make sucket of Lettuce stalks.*

**T**AKE Lettuce stalkes, and pull away the outside: then perboyle them in faire water, then let them stand all night dry, then take halfe a pinte of the same liquor; and a quarter of a pinte of Rosewater, and so boyle it to a sirup, and vwhen your sirup is betwixt hot and colde, put in your afore said rootes, and let them stand all night in your sirup to make them take sugar, and then

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When the next day your sirup will be weake againe, then boile it againe, and take out your rootes. In the like sort may you keepe Oringe pilles, or greene Walnuts, or any thing that hath the bitternesse first taken from it, by boiling it in water.

33. To candy Nutmegs or Ginger, with an hard rocke candie.

**T**ake one pound of fine sugar, and eight spoonfuls of Rose-water, and the weight of sixe pence of Gumme Arabique, that is cleare, boyle them together to such an height, as that dropping sonie thereof out of the spoone, the sirup doe rope and runne into the smalnesse of an haire, then pat it into an earthen pipkin, wherein place your nutmegs, ginger, or such like, then stoppe it close with a saucer, and lye it well with clay, that no aire may enter, then keepe it in a hote place three weekes, and it will candie

C 3 hard

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hard. You must breake your pot with  
an hammer, for otherwise you can-  
not get out your candy. You may  
also candy Orenges, or Lemmons  
in like sort if you please.

34. *To preserue Orenges after the Por-  
tugall fashion.*

**T**ake Orenges & coare them on  
the side, and lay them in water,  
then boile them in fair water till they  
be tender, shift them in the boyling  
to take away their bitterness, then  
take sugar and boyle it to the height  
of sirup as much as will cover them,  
and so put your Orenges into it, and  
that will make them take sugar.

If you haue 24. Orenges, beat 8. of  
them till they come to paste with a  
pound of fine sugar, then fill every  
one of the other Orenges with the  
same, & so boile them againe in your  
sirup: then there will be marmelade  
of orenges vthin your orenges, &  
it will cut like an hard egge.

35. *To*

Conseruing, candying, &c.

35. To candy Orenge pilles.

**T**ake your Orenge pilis after they bee preserued, then take fine sugar and Rosewater, and boyle it to the height of *Manna Christi*, then drawethrough your sugar, then lay them on the bottome of a sieue, and dry them in an ouen after you haue drawnen bread, and they wil be candied.

36. To preserue Cowcumbers all the yeere.

**T**ake a gallon of faire water, and a pottle of verivice, and a pint of bay salt, and a handfull of green fenell or Dill: boile it a little, & when it is cold put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keep them all the yeere.

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37. To preserve broome capers all the yeere.

**B**Oyle a quarte of Veriuice and  
an handfull of bay salt, and  
therein you may keepe them all the  
yeere.

38. To colour sugar plate with severall  
colours.

**Y**OU may mixe Roset with your  
fine leareced sugar vntill the co-  
lour please you, and so shal you haue  
a faire murrey colour.

Sapgreen must bee tempred in a  
little Rose water, hauing some gum  
first dissolued therein, and so lay  
it on vwith a pensill vpon your paste  
in ayt places.

With Saffron you may make yel-  
low colour in the like manner, first  
drying and powdering your Saffron,  
& after it bath colour'd the rosewater  
sufficiently, by straining it through  
fine linnen. The powder of Cina-  
mon,

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mon maketh a rwallnut colour, and  
Ginger & Cynamon together a ligh-  
ter colour.

39. To make trasses for the sea.

**F**irst make paste of sugar and gum  
Dragant mixed together, then  
mixe therewith a reasonable quantity  
of the powder of Cynamon and Gin-  
ger, and if you please a little muske  
alio, and make it vppe into rollies  
ot severall fashions, gilding them  
here and there. In the same manner  
you may also conney any purgative  
vomit, or other medicin into sugar  
paste.

40. To make paste of Violets, Roses  
Marigolds, Cowslips, or Liquerice.

**S**hred, or rather powder the dry  
leaves of your flower, putting  
thereunto some fine powder of  
Ginger, Cynamon, and a little  
muske if you please, mixe them al-

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confusedly together, then dissolve some sugar in Rosewater, and beeing boyled a little, put some saffron therin, if you worke vpon Marigolds, or else you may leaue out your saffron, boyle it on the fire vnto a sufficient height, you must also mixe therewith the pappe of a roasted apple, beeing first well dried in a dish ouer a chafing dish of coales, then poure it vpon a trencher, beeing first sprinkled ouer with Rosewater, and with a knife worke the paste together. Then breake some Sugar-candie small, but not to powder, and with gum dragagant, fasten it heere and there to make it seeme as if it were roch-candied; cutte the paste into pecces of what fashion you list with a knife first wet in Rosewater.

In Liquorice paste you must leau out the pappe of the pippin, and then worke your paste into dry rolles. Remember to searce the Liquorice through a fine searce.

These rolles are very good against

Conseruing candying, &c,  
against any cough or cold.

41. To make Marmelade of Lemmons  
or Orengeſ.

**T**ake tenne Lemmons or Orengeſ and boyle them vwith halfe a dozen pippins, and ſo drawe them thorough a Strainer, then take ſo much ſugar as the pulpe doth wey, and boyle it as you doe marmelade of Quinceſ, and then box it vp.

42. How to candy Nutmegs, Ginger,  
Mace & flowers, in halfe a day with  
hard or roch candy.

**L**ay your Nutmegs in ſteepe in common Lee made with ordinarie aſhes 24. houres ; take them out and boyle them in faire vwater till they be tender, and ſo take out the Lee : then dry them and make a ſirup of double refined ſugar and a little Rosewater, to the heighe  
of

*The Arte of preseruing.*

of a maner Christ, place this sirrup in a gentle balme, or some small heat, putting your Nutmegs into the sirrup.

Note that you must skim the sugar as it catcheth any skumme, before you put in your Nutmeg, then having sugar candie first bruised groſſy, and ſearched through colanders of leueral bignesse, take the ſmallest therof, and roule your Nutmegs vp and downe therin, either in a dish or vpon cleane paper, then ſtoue your Nutmegs in a cupboard with a chafing dish of coales, which muſt bee made hote of purpose before you ſet them in: and when they are dry enoufh, dippe them againe in fresh ſirrup boyled to his height as before; and roule them in the groſſer sugar candie, and then ſtoue them againe till they bee hard, and ſo the third time if you will increaſe their candie.

Note that you muſt ſpend all the sugar which you diſſolve at onetime with

Conseruing, candying, &c.

with candying of one thing or other  
therin presently: the stronger that  
your lee is, the better; and the Nut-  
megs, Ginger, &c. would lie in steepe  
in the lee, tenne or twelue dayes, and  
after in the sirup of sugar in a stoue  
or Cupboard with a chafingdish and  
coales one whole weeke, and then  
you may candy them suddenly, as  
before. Flowers and fruities are done  
presently without any such steeping  
or stouing as before: onely they  
must be put into the stoue after they  
be coated with your powdered sugar-  
candie: and those flowers or fruities  
as they are suddenly done, so they  
will not last aboue two or three daies  
faire, and therefore onely to be pre-  
pared for some set banquet.

34. Casting of sugar in party moldes of  
wood.

Lay your moldes in faire water  
three or fourre houres before  
you

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you cast, then dry vp your inward  
moisture with a cloath of Linen,  
then boyle rosewater and refined iu-  
gar together, but not to any great  
stuffnesse, then poure it into your  
moldes, let your moldes stand one  
houre, and then gently part or open  
the moldes, and take out that which  
you haue cast: you may also worke  
the puste *ante numero* twelue, thir-  
tene, into these moldes first printing  
or pressing gently a little of the puste  
into the one halfe, and after with a  
knife take away the superfluous ed-  
ges, and so likewise of the other  
halfe: then prelle bothe sides of the  
molde together, two or three times,  
and after take away the crest that will  
arise in the midst: and to make the  
sides to cleave together, you may  
touch them first over with guimme  
Dragagant dissolved, before you  
prelle the sides of the mold together:  
note that you may conuey comfets  
within, before you close the sides  
You may cast off any of these mix-  
tures

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tures or pastes in Alabaster moldes,  
molded from the life.

44. To mold off a Lemmon, Orenge,  
Peare Nut &c. and after to cast it  
hollow within, of sugar.

Fill a wooden platter halfe full  
of sande, then prese downe a  
Lemmon, Peare &c. therein to the  
iust halfe thereof, then temper  
some burnt Alabaster with faire  
water in a stone or copper dish, of  
the bignesse of a great siluer boule,  
and cast this pappe into your sande,  
and from thence clappe it vpon the  
Lemmon, Peare, &c. pressing  
the pappe close vnto it. Then after  
a vwhile take out this halfe part  
with the Lemmon in it, and pare  
it euен in the ioyndes as neare as  
you can, to make it resemble the  
iust halfe of your Lemmon, then  
make 2. or 3. little holes in the halfe  
(viz. in the edges thereof) laying it  
downe in the sande againe, and so  
cast

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cast another halfe vnto it, then cutte off a pecce of the top of bothe your party moldes, and cast thereto another cappe in like manner as you did before.

Keape these three parts bound together with tape till you haue cause to vse them: and before you cast, lay them alwaies in water, & dry vp the water againe before you poure in the sugar.

Colour your Lemmon with a little saffron steeped in Rosewater; vse your sugar in this manner: boile refined or rather double refine sugar and Rosewater to his ful height. vIZ till by pouring some out of a spoone, it will run at the last as fine as haire; then taking off the cappe of your mold, poure the same therein, filling vp the mold aboue the hole, and presently clap on the cappe, and press it downe vpon the Sugar, then swing it vp and dovvne in your bande, turning it rounde, and bringing the neather parte sometimes

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times to be the vpper part in the turning, and è conuerso. This is the manner of vting an Orange, Lemon, or other round molde: but if it bee long as a pigges foote will be, beeing molded, then roule it, and turne it vp and downe long waies in the aire.

45. How to keepe the dry pulpe of Cherries, Prunes, Damsons, &c. all the yeare.

**T**ake of those kinde of Cherries which are sharpe in taste (Quere if the common blacke and redde Cherrie will not also serue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or some veriuite of soure Grapes, or iuice of Lemmons mixed therewith, to give a sufficient tartnesse) pull off their stalks and boile them by them selues without the addition of any liquor, in a caldron or pipkin, and when they beginne once

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once to boyle in their owne iuyce, stirre them hard at the bottoome with a spattle, least they burne to the pans bottoome. They haue boiled suffici-  
ently, when they haue cast off all  
their skinnes, and that the pulpe and  
substance of the cherries is growne to  
a thicke pappe: then take it from the  
fire, and let it coole, then diuide the  
stones and skinnes, by passing the  
pulpe onely through the bottoome of  
a strainer reuersed as they vse in *cas-  
sia fistula*, then take this pulpe and  
spread it thinne vpon glazed stones  
or dishes, and so let it dry in the  
sunne, or else in an ouen presently  
after you haue drawne your bread,  
then loose it from the stone or dish,  
and keepe it to prouoke the appetite,  
and to coole the stomacke in feuers,  
and all other hot diseases. Proue the  
same in all manner of fruite. If you  
feare aduision in this work, you may  
finish it in hot balneo.

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46. How to dry all manner of plums  
or cherries in the sunne.

If it be a small fruite, you must dry them whole, by laying the same abroad in the hot sunne, in stone or pewter dishes, or Iron or brashe pannes, turning them as you shal see cause. But if the plum be of any largeness, slitte each plum on the one side from the toppe to the bottome, and then lay them abroad in the sun: but if they be of the bigger sort, then giue either plum a slitte on each side: and if the sun doe not shine sufficiently during the practice, then dry them in an ouen that is temperately warme.

47. How to keepe apples, peares, quinces,  
wardens, &c. all the yeere, dry.

Take them, take out the coares,  
and slice them in thinne slyces  
lay-

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laying them to dry in the Sunne  
in some stone or metalline dishes,  
or vpon a high frame couered with  
course canvas, now and then tur-  
ning them, and so they will keep all  
the yeare.

48. *To make greene Ginger,  
vpon sirup.*

**T**ake Ginger one pound, pare it  
cleane, steepe it in red wine and  
vinegar equally mixed, let it stand so  
twelue daies in a close vessell, & eue-  
ry day once or twice stirre it vp and  
down, then take of wine one gallon,  
and of vinegar a pottle, seeth all to-  
gether to the consumption of a moi-  
tie or halfe, then take a pottle of clean  
clarified honey or more, & put ther-  
unto, and let them boile well toge-  
ther, then take halfe an ounce of Saf-  
fron finely beaten, and put it thereto  
with some sugar if you please.

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49. To make sucket of green  
Walnuts.

**T**ake Walnuts when they are no bigger than the largest halfe nut, pare away the uppermost greene, but not too deepe, then leeth them in a poule of water till the water be sodden away, then take so much more of fresh water, and when it is sodden to the halfe, put thereto a quart of vinegar, & a porcle of clarified honey.

50. To make conserve of Prunes or  
Damsons.

**T**ake ripe Damsons, put them into scalding water, let them stand a while, then boyle them over the fire till they breake, then straine out the water through a colander, and let them stand thereunto coole, then straine the Damsons through the colander; taking away

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away the stones and skinnes, then  
sette the pulpe ouer the fire againe,  
and put thereto a good quantite of  
reddewvine, and boyle them vwell  
to a stiffenesse, euer stirring them vp  
and downe, and when they are al-  
most sufficiently boyled, put in a  
conuenient proportion of sugar, stir  
all well together, and after put it in  
your gally potts.

51. *To make conserue of strawberries.*

**F**irst seeth them in water, and  
then cast away the water, and  
blaine them, then boyle them in  
white wine, and worke as before in  
damsons, or else straine them be-  
ing ripe, then boyle them in wine  
and sugar till they be stiffe.

52 *Conserue of prunes or Damsons made  
another way.*

**T**ake a pottle of Damsons, prick  
them and put them into a pottle;  
put

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putting thereto a pint of Rosewater or wine, and covering your potte let them boyle well, then incorporate them by stirring, and when they bee tender let them coole, and straine them with the liquour also, then take the pulpe and set it ouer the fire, and put thereto a sufficient quantitie of sugar, and boyle them to their height or consistencie, and put it vp in gally pots, or iasse glasse.

53. How to candy Ginger, Nutmegs,  
or any roote or flowers.

**T**ake a quarter of a pound of the best refined sugar, or sugar candy which you can get, powder it, put thereto two spoontuls of Rosewater, dip therein your Nutmegs, Ginger, rootes, &c. being first sodden in faire water till they bee soft and tender, the ofter you dip them in your sirup, the thicker the candie will be,  
but

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but it will be the longer in candying  
your sirrup must be of such stiffeesse,  
as that a droppe thereof being let fall  
vpon a pewter dish, may congeale &  
harden beeing cold.

You must make your sirrup in a  
chafing dish of coales, keeping a  
gentle fire: after your sirrup is once  
at his full height, then put them vp  
on papers presently into a stoue, or in  
dishes, continue fire some tenne or  
twelue dayes, till you finde the can-  
die hard & glistering like diamonds;  
you must dip the red rose, the gillow  
flower, the marigold, borage flow-  
er, and all other flowers but once,

24. *The Art of Comfetmaking, teaching  
how to cover all kinds of seeds, fruitts,  
or splices with sugar.*

**F**irst of all you must haue a deepe  
bottomed bason of fine cleane  
brasse or latton, with two eares of  
iron to hang it with two severall  
cordes

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cords ouer a bason or earthen panne  
with hote coales.

You must also haue a broad panne  
to put ashes in, and hot coales vpon  
them.

You must haue a cleane laton ba-  
son to melt your sugar in, or a faire  
brassen skillet.

You must also haue a fine brasen  
ladle, to let runne the sugar vpon the  
seedes.

You must also haue a brasen  
slice, to scrape away the sugar from  
the hanging bason if neede re-  
quire.

Hauing all these necessary ves-  
sels and instrumentis, worke as fol-  
loweth.

Choose the whitest, finest, and  
hardest sugar, and then you neede  
not to clarifie it, but beate it onely  
into fine powder that it may di-  
solute the sooner.

Bat first make all your seedes ve-  
ry cleane, and dry them in your  
hanging bason.

D

Take

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Take for every two pound off sugar, a quarter of a pound of Annis seedes, or Coriander seedes, & your comfits will be great enough: and if you will make them greater, take halfe a pound more of sugar, or one poued more, and then they will bee faire and large.

And halfe a pound of Annis seedes with two pound of sugar, will make fise small comfits.

You may also take a quarter and a halfe of Annis seedes, and threounde of Sugar, or halfe a pound of Annis seedes, and fourteounde of Sugar. Doe the like in Coriander seedes.

Melt your sugar in this manner, *viz.* Put three poundes of your powder sugar into the bafon, and one pinte of cleane running water thereto, stirre it well with a brazen slice, vntill all be moist and well wet, then sette it ouer the fire without smoke or flame, and melt it well, that there bee no whale  
gris.

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gristie sugar in the bottome, and let it seeth mildly, vntill it will streame from the ladle like Turpentine, with a long streame and not drop, then it is come to his decoction, let it seeth no more, but keepe it vpon hot imbers that it may runne from the ladle vpon the seeles.

To make them speedily. Let your water be seething hote, or seething, and put powder of sugar vnto them, cast on your sugar boylung hot: haue a good warme fire vnder the hanging bason.

Take as much water to your sugar, as will dissolute the same.

Neuer skimme your sugar if it be cleane and fine.

Put no kind of starch or Amylum to your sugar.

Seeth not your sugar too long, for that will make it blacke, yellow, or tawnie.

Mooue the seedes in the hanging bason as fast as you can or may,

D 2 when

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when the sugar is in casting.

At the first coate put on but one halfe spoonefull with the ladle, and all to moue the bason, moue stir and rubbe the seedes with thy left hand a pretty while, for they will take sugar the better, and dry them well after every coate.

Doe this at every coate, not onely in mouing the bason, but also with the stirring of the comfits vwith the left hand and drying the same: thus dooing you shall make good speed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits doe increase in greatnessse, so you may take more Sugar in your ladle to cast on. But for plaine comfits let your Sugar be of a light decoction last, and of a higher decoction first, and not too hote.

For crisper and ragged comfits, make your sugar of a high decoction, euener as high as it may runne from

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from the ladle, and let it fall a foote high or more from the ladle, and the hotter you cast in your sugar, the more ragged will your comfits bee. Also the comfets will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednes long.

This high decoction must serue for eight or tenne coates in the end of the worke, and put on at euerie time but one spoonefull, and haue a light hand with your bason, casting on but little sugar.

A quarter of a pound of Coriander seedes, and three pound of sugar will make great, huge, and bigge comfits.

See that you keepe your Sugar alwaies in good temper in the bason, that it burne not into lumpes or gobbes: and if your sugar bee at any time too high boyled, put in a spoonefull or two of water, and keepe it vvarily with the ladle, and let your fire always bee vwithout

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smoke or flame.

Some commend a ladle that hath a hole in it to let the sugar run through of a height: but you may make your comfits in their perfect forme and shape onely with a plaine ladle.

When your comfits bee made, sette your dishes with your comfits vpon papers in them, before the heate of the fire or in the hote sunne, or in an Ouen after the bread is drawne, by the space of an houre or two, and this will make them very white.

Take a quarter of a pounde of Annis seedes, and two poundes of Sugar, and this proportion vwill make them very great; and euene a like quantitie take of Carrowaie seede, Fennell seede, and Coriander seede.

Take of the finest Cynamon, and cut it into prettie small sticks beeing dry, and beware you vvere it not, for that deadeth the

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the Cynamon, and then worke as in other comfits. Do this with Orenge rindes likewise.

Worke vpon Ginger, Cloues, and Almonds, as vpon other seeds.

The smaller that Anis seed comfits be, the fairer, the harder, and so in all other.

Take the powder of fine Cynamon two drammes, of fine muske dissolved in a little vwater one scruple, mingle these all together in the hanging bason, and cast them vpon Sugar of a good decoction, then with thy left hand moue it to and fro, and dry it well: doe this often, vntill they bee as great as Poppy seedes, and giue in the end three or four coates of a light decoction, that they may bee rounde and plaine, and with an high decoction you may make them crisper.

You must haue a coarse searce made for the purpose with bayre or with parchment full of holes to

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part and diuide the comfits, into seuerall sorts.

To make paste for comfits. Take fine grated bread four ounces, fine elect Cynamon powdered halfe an ounce, fine ginger powder one dramme, saffron powdered, a little; white sugar two ounces, and a few spoonfulls of borrage water, leeth the water & the sugar together, and put to the Saffron, then first mingle the crummes of bread, and the spiccs well together, dry them, put the liquour scalding hote, vpon the stufte, and beeing hote labour it with thy hand, and make balles or other formes thereof, dry them and cover them as comfits.

Coriander seedes two ounces, sugar one pound and a halfe, maketh very faire comfits.

Annis seedes three ounces, Sugar halfe a pound, or annis seedes two ounces, & sugar 6. ounces, will make faire comfits.

Euerie dram of fine Cynamon,  
wil

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will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Half an ounce of grosse Cinnamon will make almost three drams of fine powder leareced, after it is well beaten.

Sugar powder one cunce will take at the least a pound of sugar to make your biscuits faire.

Carrowayes wwill bee faire at 12. coates.

Put into the Sugar a little Amylum dissolved for five or sixe of the last coates, and that will make them exceeding crispe: and if you put too much Amylum or starch to the compets which you would have crispe, it will make them flat & smooth.

In any other confection of pasted Sugar mixed with gumme Dragan-  
t, put no kinde of Amylum: be-  
ware of it, for it will make the worke  
clammie.

To make red compets, sceth thre

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or four ounces of Brasell with a little water: take of this red water four spoonfulls, of sugar one ounce, and boyle it to his decoction, then giue sixe coates, and it will be of a gond colour, or else you may turne so much water with one dram of turnsole, doing as before.

To make greene comfits, seeth sugar with the iuice of beets.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwaies when the water dooth seeth, then put in your Sugar powder, and let it seeth a little vntill it be cleane dissolved, and boyled to his perfect decoction, and that the whitenes of the colour bee cleane gone: and if you let it settle, you shall see the Sugar somewhat cleare.

For biscuits take two spoonfulls of liquor, of sugar searcid in a course searcid one dram, and of sugar powder to bee molt and cast one ounce. This doone will make the biscuits

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biskets somewhat faire, and somewhat greater than poppy seeds.

*Sliter.* Take Sugar powder four drammes, sugar to cast four ounces with liquor sufficient; lay gold or siluer on your comfits.

Euery dramme of sugar powder will take an ounce of sugar to be cast: eight drammes make one ounce. To thus much powder for biskets take halfe a pound of sugar to cast thereon.

Coriander seedes a quarter of a pound, sugar three pound, Coriander seedes halfe a pound, sugar 3. drams, will make faire comfits.

For biskets, Annis seedes halfe a pound. Fennell-seedes a quarter of a pound, and sugar two pound sufficeth.

In sixe or eight of the last coates put in two spoonfuls of sugar very hote to make them criske.

To one pound of sugar take nine ounces of water.

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55. *To make a cullis as white as snowe,  
and in the nature of gelly.*

**T**ake a Cock, scalde, wash and drawe him cleane, seeth it in White-wine or Rhenish-wine, skum it cleane, clarifie the broth after it is strained, then take a pint of thick and sweet cream, straine that to your clarified broth, and your broth will become exceeding faire & white: then take powdred ginger, fine white sugar and roskwater, seething your cullis when you seethon it, to make it take the colour the better.

56. *To make wafers.*

**T**ake a pint of flower, put into it a little creame with two yolks of eggs and a little Rosewater, with a little scarred Cinammon & sugar, worke them all together and bake the paste upon hot Irons.

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57. To make Almond butter.

**B**lanch your Almonds, and beate them as fine as you can with faire water, two or three houres, then straioe them through a linnen cloth, boile them with Rosewater, vvhole mace and annis seedes till the substance bee thicke: spread it vpon a faire cloth, dreining the whey from it, after let it hang in the same cloth some few houres, then straine it and season it with Rosewater and sugar.

58. A white jelly of Almonds.

**T**ake Rosewater, gumme Draggant dissolved, or Isinglass dissolved, and some Cynamon grossely beaten, seeth them all together, then take a pound of ALmonds, blanch and beate them fine with a little faire water, drie them in a faire cloth: and put your

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your water aforelaide into the Almonds, seeth them together and stir them continually, then take them fro the fire, when all is boiled to a sufficient height.

*59. To make Lesch.*

**S**eech a pint of Creame, and in the seething put in some dissolved I-singlas, stirring it vntill it bee verie thicke, then take a handfull of blanched Almonds, beat them and put them in a dish with your Creame, seasoning them with sugar, and after slice it and dish it.

*60. Sweet Cakes without either Spice or sugar.*

**S**cripe or washe your parsneps cleane, slice them thinc, dry them vpon Canuas or net-worke frames, beate them to powder mixing one third therEOF vwith two thirds

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thirds of fine wheate flower, make  
up your paste into coates, and you  
shall finde them very sweet and deli-  
cate.

61. *Roses and Gilliflowers kept long.*

**C**over a Rose that is fresh, and  
in the bud, and gathered in a  
faire day after the dewe is ascen-  
ded, with the whites of egges well  
beaten, and presently strew thereon  
the fine powder of searced Sugar, &  
put them vp in luted pots, setting the  
pots in a coole place in sand or gra-  
uell. With a fillippe at any time you  
may shake off this inclosure.

62. *Grapes growing all the yeare.*

**P**UT a Vine stalke through a  
Basket of earth in December,  
which is likelie to beare Grapes,  
that

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that yeaer, and vwhen the grapes are  
ripe, cut off the stalle vnder the bas-  
ket ( for by this time it hath taken  
root ) keepe the basket in a vva-  
me place, and the grapes will continue  
fleshi and faire a long time vpon the  
vise.

63. *How to dry Ro'sleanes, or any other  
single flower without wrinkling.*

**I**f you would performe the same  
wel in rose leaues, you must in ro-  
time make choise of such roses as are  
neither in the budde, nor full blowne  
( for these have the smoothest leaues  
of all other ) which you must especi-  
ally cull and choose from the rest.  
Then take right Callis land, wash it  
in some change of vwaters, and dry  
it throughly vwell, either in an ouen,  
or in the sonne; and having shallow  
square or long boxes of 4. 5. or 6.  
inches deepe, make first an ouen lay  
of sand in the bottome, vpon the  
which

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which lay your Roseleaves one by one ( so as one of them touch other ) till you haue couered all the sand, then strowe sand vpon those leaues till you haue thinly couered them all, and then make another lay of leaues as before , and so lay vpon lay, &c.

Set this boxe in some warme place in a hote sunny day, ( and commonlie in two hote sunny dayes they will bee thorough dry ) then take them out carefully with your hand without breaking. Keepe these leaues in larre glasses, bound about with paper, neere a chimney , or stoue, for feare of relenting.

I find the Red-rose leafe best to be kept in this manner ; also take away the stalks of pansies. Stock gilliflowers, or other single flowers, prick the one by one in sand, pressing downe their leaues smooth with more sand layde euinely vpon them. And thus you may haue Rose-leaues, and other flowers to lay about your

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basounes, windowes, &c. all the vinter long. Also this secret is very requisite for a good Simplifier, because bee may dry the leafe of any heareb in this manner, and lay it being dry in his Herball with the simple which it representeth: whereby bee may easily learne to knowe the names of all simples which he desireth.

64. *Clusters of Grapes kept till Easter.*

**C**lusters of Grapes hanging vp on lines vithin a close presse will last till Easter. If they shrinke, you may plumpe them vpe with a little warme vwater before you eate them.

Some vse to dippe the ends of the stalks first in pitch: som cut a branch of the vine with euery cluster, placing an apple at each end of the branch: now and then renewing those apples as they rotte, & after hanging them within a presse or cupboard, vvhich would

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would stand in such a roon (as I suppose) where the grapes might not freeze: for otherwise you must bee forced now and then to make a gentle fire in the roome, or else the grapes will rot and perish.

65. How to keepe Walnuts a long time  
plumpe and fresh.

MAKE a lay of the dry stampings of crabbes when the verjuice is pressed from them, couer that lay with Walnuts, & vpon them make another lay of stampings, and so one lay vpon another till your vessel be full wherein you mean to keep them. The Nuts thus kept, will pill as if they were new gathered frō the tree.

66. An excellent conceit vpon the ker-  
nels of dry Walnuts.

Gather now your Walnuts before they be full ripe, keep them without

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out any Ait vntill Newyeeres tide,  
then breake the shelles carefullly, so  
as you deface not the kerells ( and  
therefore you must make choile of  
such nuts as haue thin shelles ) what-  
soever you finde to come awaie eas-  
ily, remoue it: steep these kerrels in  
conduit water, forty eight houres,  
then will they fwell and growe verie  
plumpe and faire, and you may pilled  
them easily, and present them to a  
ay friend you haue for a Newyeeres  
gift: but being pilled, they must be  
eaten within two or three houres, or  
else they lose their whitenes & beau-  
tie, but vnpilled, they will last two or  
three dayes faire and fresh.

This of a kinde Gentlewoman,  
whose skill I doe highly commend,  
and whose case I doe greatly pitie;  
such are the bard fortunes of the best  
wits and natures in our dayes.

67. How to keape Quinces in a most  
excellent manner.

Make

Conserning, candging, &c.

**M**AKE choise of such as are found, and gathered in a faire, dry and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then cover them with penny ale, and so let them rest: and if the liquor carry any badde scum, after a day or two take it off: every tenne or twelve dayes let out your penny ale at a hole in the bottome of your vessell, stoppe the hole and fill it vp againe with fresh penny ale, you may haue as much for two pence at a time as will serue for this purpose: these Quinces beeing baked at Whitlootide, did taste more daintily then any of those which are kept in our small decoctions or pickles.

Also if you take white wine Lees that are neat ( but then I feare you must get them of the Marchant, for your Taverns doe hardly affoord any ) you may keepe your Quinces in them very faire and fresh all the yeare, and therein may you

*The Arte of preseruynge,*  
you also keepe your barberries both  
full and faire coloured.

### 68. Keeping of Pomegranates.

**M**ake choise of such Pomgranates as are sound and not prickt as they teare meit, lap them ouer thinly with wax, hang them vp on nayles, where they may touch nothing, in some cupboard or closet in your bedde-chamber, where you keepe a continuall fire, and euerie 3. or 4. dayes turne the vnder sides uppermost: and therefore you must so hang them in packthred, that they may haue a bowe knot at either end. This way Pomgranates haue beeene fressh till Whitson tide.

### 69. Preseruynge of Artichokes.

**C**ut off the stalkes of your Artichokes wthin two inches of the Apple; and of all the rest of the stalkes make a strong decoction

Conseruing, candying, &c.

tion, slicing them into thin and small pieces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in cold, to take away the bitternesse of them. This I learned of Master Parsons, that honest and painefull practicer in his profession.

In a milde and warme winter about a moneth or three weekes before Christmasse, I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grew, and making first a good thicke lay of Artichoke leaues in the bottome of a great and large vessel, I placed my Artichokes one vpon another as cloise as I could couch them, couering them ouer of a prettie thicknesse with Artichoke leaues.

These Artichokes were served in at my table all the Lent after, the apples beeing red and sound, onely the tops of the leaues a little vaded, which

*The Arte of preserving,*  
I did cut away.

70. *Fruit preserved in pitch.*

**D**ayberries that doe somewhat resemble blacke cherries, called in Latine by the name of *Solanum lethale*, beeing dipped in molten pitch, being almost cold, and before it congeale and harden again, and so hung vp by their stalkes, will last a whole yeere. *Probat. per M. Parsons, the Apothecarie.* Prooue vwhat other fruities will also bee preserved in this manner.

71. *To make Clove or Cinnamon Sugar.*

**L**ay peeces of sugar in close boxes amongst sticks of Cinnamon, cloves, &c. and in a short time it wil purchase both the taste and sent of the spice. *Probat. in cloves.*

72. *Hafell*

Concerning randyng, &c.

72. Hasell Nuts kept long.

**A** Man of great yeares and experiance assured mee, that Nuts may be kept a long time with ful kernels, by burying them in earthen pottes well stopt, a foote or two in the ground : they keepe best in grauellie or sandie places. But these Nuts I am sure will yeeld no oyle as other nuts will, that waxe drie in the shels with long keeping.

73. Chestnutes kept all the yeare.

**A** fter the bread is drawn, disperse your nuts thinly ouer the bottom of the Ouen, & by this meanes the moisture beeing dryed vp, the Nuts will last all the yeare: if at anie time you perceiue them to relent, put them into your Ouen againe as before.



## Secrets in Distillation.

### I. How to make true spirit of wine.

Take the finest paper you can get, or else some Virgine parchment, straine it very right and stiffe ouer the glasse body, wherin you put your sack, malmsey or muskadine, oile the paper or Virgine parchment with a pensill moistned in the oyle of Ben, and distill it in Balanzo with a gentle fire, and by this meanes you shall purchase onely the true spirit of wine. You shall not haue aboue two or three ounces at the most out of a gallon of wine, which ascendeth in the forme of a clowde, without any dewe or veines in the helme : lute

all

Secrets in distillation.

all the joints well in this distillation.  
This spirit will vanish in the ayre, if  
the glasse stand open.

2. How to make the ordinarie spirit of  
wine that is sold for five shillings, &  
a noble a pinte.

Put sacke, malmesie, or muska-  
dine into a glasse bodie, leauing  
one third or more of your glasse  
empty, set it in balneo, or in a pan of  
ashes, keeping a soft and gentle fire,  
drawe no longer then till all or most  
part will burne away, which you may  
prooue now and then, by setting a  
spoonfull thereof on fire with a pa-  
per as it droppeth from the nose or  
pipe of the helme: and if your spirit  
thus drawn haue any phlegme there-  
in, then rectifie or redistill that spirit  
again in a lesser body, or in a bolt re-  
ceiver in sted of another body, luting  
a small head on the top of the steele

*Secrets in distillation.*

thereof, & so you shall haue a very strong spirit: or else for more expedition, distill five or sixe gallons of wine by Lymbecke: and that spirit, which ascendeth afterward, redistill in glasse as before.

*3. Spirits of splices.*

**D**istill with a gentle heat either in balneo, or ashes, the strong and sweete water, wherewith you haue drawne oyle of cloues, mace, nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

*4. Spirit of wine, tasting of what vegetable you please.*

**M**acerate Rosemary, Sage, sweete Fennell seeds, Maioram, Lemmon or Orenge pils, &c.

Secrets in distillation.

in spirit of wine a daie or two, and then distill it ouer againe vntill you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without anie farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables,

5. How to make the water which is vsually called Balme-water.

**T**O euery gallon of Claret wine put one pound of greene balme. Keep that which commeth first and is clearest, by it selfe: and the second and whiter sort which is weakest and commeth last, by it selfe: distill in a pewter Lymbeck luted with paste to a brasse pot. Draw this in May or June when the hearb is in his prime.

6. Rosa-solis.

**T**AKE of the hearbe Rosa-solis gathered in Iulie one gallon,

E 3 picke

*Secrets in distillation.*

picke out all the blacke moates from  
the leaues, Dates halfe a pound  
Cinamon, Ginger, Cloues of each  
one ounce, graines halfe an ounce,  
fine suger a pound and a halfe, red  
Rose leaues, greene or dried fourte  
handfulls, steepe all these in a gal-  
lon of good Aqua Composita in  
a glasse close stopped with waxe,  
during twentie dayes, shake it well  
together once euery two dayes.  
Your sugar must bee powdred, your  
spices bruised onely, or grossly  
beaten, your Dates cut in long si-  
ces the stones taken away. If you  
adde two or theee graines of Am-  
ber greece, and as much muske,  
in your glasse amongst the rest of  
the Ingredidents, it will haue a  
pleasant smell. Some adde the gum  
amber with corall and pearle finely  
powdred, and fine leafe golde.  
Some vse to boyle Ferdinando  
bucke in Rose-water, till they haue  
purchas'd a faire deepe crimson  
colour, and when the same is colde,  
they

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they colour their Rosa-solis & Aqua  
Rubea therewith.

*7. Aqua Rubra.*

TAKE of muske sixe graine, of  
Cinamon and Ginger of each  
one ounce, white sugar candy one  
pound, powder the sugar, and bruse  
the spices grossly, binde them vp  
in a cleane linnen cloth, and put them  
to infuse in a gallon of Aqua com-  
posita in a glasse close stopped twen-  
ty foure houres, shaking them toge-  
ther diuerse times, then put thereto  
of turnesole one dramme, suffer it to  
stand one houre, and then shake all  
together: then if the colour like you  
after it is settled, poure the clearest  
forth into another glasse: but if you  
will have it deeper coloured, suffer it  
to work longer vpon the turnesole.

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**8. D. Steuens Aqua composita.**

**T**AKE a gallon of Gascoign wine, of Ginger, Galingale, Cinnamon, Nutmegs and graines, Annis seedes, Fennell seedes, and Carroway seedes, of each a dram; of Sage, Mints, red Roles, Thyme, Pellitory, Rosmary, wilde Thyme, Camomill, Lauender, of each a handefull: bray the spices small, and bruise the bearbes, letting them macerate 12. houres, stirring it now and then, then distill by a limebecke of pewter, keeping the first cleare water that commeth, by it selfe, and so likewise the second. You shall drawe much about a pint of the better sort from euery gallon of wine.

**9. Ysque-bath, or Irish Aqua vita.**

**T**O euery gallon of good Aqua Composita, put two eunces of chosen

*Secrets in distillation.*

chosen liquorice bruited, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annis seedes that are cleane and bruised: let them macerate fve or sixe daies in a wooden vessell, stopping the same close, and then drawe off as much as will runne cleere dissoluing in that cleere Aqua vita fve or sixe spoonefulls of the best Malasfoes you can get: Spadiish Cure, if you can get it, is thought better then Malasfoes: then putt this into another vessell; and after three or foure daies (the more the better) when the liquor hath fined it selfe, you may vse the same: some adde Dates and Raishns of the Sun to this receipt; those grounds which remaine you may redistill and make more Aqua composita of them, and of that Aqua composita you may make more Vsque-bath.

XO. Cinnamon water.

**H**aving a Copper body or  
brasse pot that will hold 12.  
gallons, you may well make  
two or three gallons of Cinnamon wa-  
ter, at once. Put into your bodie ouer-  
night sixe gallons of conduit water,  
and two gallons of spirite of wine,  
or to saue charge two gallons of  
spirite drawne from wine Lees, Ale,  
or lowe wine, sixe pounde of the  
best and largest Cinnamon you can  
get, or else eight pound of the se-  
cond sort well brused, but not bea-  
ten into powder : lute your Lym-  
becke, and beginne with a good fire  
of wood and coals, till the vessel be-  
ginne to distill, then moderate your  
fire, so as your pipe may drop apace,  
and runne trickling into the recei-  
uer, but not blowe at any time : it  
helpeith much beercin to keepe the  
water

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water in the bucket, not too hot, by often change thereof: it must never be so hot but that you may well endure your finger therin. Then diuide into quart glasse the spirite which first ascendeth, and whereis you finde either no taste or very small taste of the Cynamon: then may you boldly after the spirit once beginneth to come strong of the Cynamon, drawe vntill you have gotten at the least a gallon in the receiuer, and then diuide ofte by halfe pints and quarters of pintes, least you drawe too long: which you shall know by the faint taste and milkie colour which distilleth in the ende: this you must now and then taste in a spoone. Now when you haue drawne so much as you finde good, you may adde therunto so much of your spirite that came before your Cynamon water, as the same will well beare: which you must finde by your taste. But if your spirite and your Cynamon be both good, you may of the afore

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aforsaid proportion will make vp  
two gallons, or two gallons and a  
quart of good Cynamon water.  
Heere note that it is not amisse to  
obserue which glasse was first fil-  
led with the spirit that ascended,  
and so of the second , third, and  
fourth: and wben you mixe, begin  
with the last glasse first, and so with  
the next , becaute those haue  
more taste of the Cynamon then  
that which came first , and there-  
fore more fit to bee mixed with  
your Cynamon water. And if you  
meane to make but 8. or 9. pintes  
at once , then begin but with the  
halfe of this proportion. Also that  
spirit which remaineth vnmixed  
doth serue to make Cynamon wa-  
ter the second time. This way I  
haue often proued and found most  
excellent : take heede that your  
Lymbecke bee cleane and haue no  
manner offent in it, but of winc or  
Cynamon, and so likewise of the  
glasses , funnelles and pots which  
you

Secrets in distillation.  
you shali yle about this worke.

11. How to distill Rose, Thyme, Launder, Rosemary, &c. after a newe and excellent manner.

Having a large pot containing 12. or 14. gallons with a Lynbecke to it, or else a copper bodie with a serpentine of 20. or 24. gallons, and a copper head, beeing such a vessel as is commonly vsed in the drawing of *Aqua vitæ*, fill two partes thereof with faire water, and one other thirde parte with such herbes as you would distill, the herbes beeing eyther moist or drie it skilleth not greate-ly whether, let the herbes mace-rate all night, and in the morning begin your fire; then distill as be-fore in *Cinamon* water, beeing carefull to giue chaunge of waters to your colour alwaies as it needeth: drawe no longer then you feele a strong and sensible taste of the

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the hearbe which you distill; alwaies dividing the stronger from the weaker, and by this meanes you shall purchase a water farre excelling any that is drawne by a common pewter still; you may also gather the oyle of each hearbe which you shall finde fleeting on the top or summitie of your water. This course agreeth best with such hearbes as are not in taste, and will yeld their oyle by distillation.

*12. How to make the salt of hearbs.*

**B**urne whole bundles of dryed Rosemary, Sage, Ispop, &c. in a cleane ouen, and when you haue gathered good store of the ashes of the hearbe, intule warme water vpon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residue or settling which you finde in the bottom thereof, is the salt which you seeke for. Some vse to filter this Lee diuers

*Secrets in distillation.*

diverse times before evaporation,  
that their salt may bee the clearer and  
more transparent. This salt accord-  
ing to the nature of the hearbe hath  
great effects in physick.

13. *Spirit of hony.*

**P**ut one part of hony to five parts  
of water: when the water boy-  
leth, dissolve your honey therein,  
skimme it, and hauing sodden an  
houre or two, put it into a wodden  
vesell, and when it is but blood-  
warme, set it on worke with yeast  
after the usuall manner of Beere and  
Ale: tunne it, and when it hath lyen  
some time, it will yeelde his spirite  
by distillation; as wine, beere, and  
Ale will doe.

14. *To distil Rosewater at Michaelmas.*  
and to haue as good yeeld as at any o-  
ther time of the yeare.

In

Secrets in distillation.

In the pulling of your Roses first  
divide all the blasted leaues, then  
take the other fresh leaues, and  
laie them abroad vpon your table  
or windowes with some cleane  
linnen vnder them, let them lie 3  
or fourre houres, or if they bee  
dewy vniill the dewe bee fully vani-  
shed: put these Rose leaues in great  
stone pottes, hauiing narrowe  
mouthes, and well leaded within,  
(such as the Goldfiners call their  
hookers, and serue to receiue their  
Aqua fortis, bee the best of all o-  
thers that I knowe) and when they  
are well filled, stop these mouthes  
with good corkes, eyther con-  
red all ouer with waxe or molten  
brimstone, and then set your pot  
in some coole place, and they will  
keepe a long time good, and you  
may distill them at your best lea-  
sure. This waje you may distill  
Rose water good cheape, if you  
buy store of Roscs, when you finde  
a glutte of them in the market,  
where-

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whereby they are sold for 7. pence or 8. pence the bushell, you then englosse the flower. And some hold opinion, that if in the middest of these leaues you put some broken leauen, and after fill vpp the pot with Rose leaues to the toppe, that so in your distillation of them you shall haue a perfect Rose vincer-gar without the addition of anie commonon vincer-gar. I haue knowne Rose leaues kept well in Rondlets, that haue beeene first well seasoned with some hot liquor & Rose leaues boyled together, and the same pitched ouer on the outside, so as no syre might penetrate or pearce the vescell.

*15. A speedy distillation of Rosewater.*

**S**tampe the leaues, and first distill the iuice beeing expressed, and after distill the leaues, and so you shall dispatch more with one Still, then others doe with three or four.

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quare stills. And this water is euery way as medicinable as the other, ser- uing in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. How to distill wine vinegar or good Alizar, that may bee both cleare and sharpe.

Knowe it is an vsuall manner a- mong the Nouices of our time to put a quart or two of good vi- negar into an ordinary leaden still, and so to distill it as they doe all o- ther waters. But this way I doe vter- lie dislike, both for that there is no separation made at all, and also because I feare that the Vinegar dooth carry an ill touch with it, either from the leaden bottome or pew- ter head, or both. And therefore I could wish rather that the same were distilled in a large bodie of glasse with a head or receiver, the same beeing placed in sand or a- shes

*Secress in distillation.*

shes. Note that the best part of the vinegar is the middle part that ariseth for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth heavy toward the latter end, and must be vrged vp with with a great fire, and therefore you must now & then taste of that which commeth both in the beginning and towards the latter end, that you may receive the best by it selfe.

**17.** *How to drawe the true spirit of  
Roses, and so of all other heathbs  
and flowers.*

**M**acerate the Rose in his owne  
juycce, adding thereunto being  
temperately warme, a conuenient  
proportion either of yeast or fer-  
ment, leave them a few daies in fer-  
mentation, till they haue gotten a  
strong & heady smell, beginning to  
incline towards vinegar, then distill  
them in balneo in glasse bodies lu-  
ted to their helmes (happely a lim-  
becke

*Secrets in distillation.*

becke will doe better and rid faster) and drawe so long as you finde any sent of the Rose to come, then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the juice of Roies onely, and after distill the same,

*28. An excellent Rosewater.*

**V**pon the top of your glasse bo-  
die, straine a haire cloth, and  
vpon that lay good store of Rose-  
leaves, either drie, or halfe drie:  
and so your water will ascend verie  
good both in smell and in colour. Distill either in balneo, or in  
a gentle fire in ashes, you may rei-  
terate the same water vpon fresh  
leaves. This may also bee done in  
a leaden still, ouer which by rea-  
son of the breadth you may place  
more leaves.

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19. *An excellent way to make the extract of all Vegetables.*

**E**xpresso a good quantity of the  
Juice therof, let it on the fire, and  
giue it onely a walme or two, then it  
will grow clear: before it bee cooled,  
poure away the cleered, filter with  
a peece of cozzee & then evaporate  
your filtered juice, till it come to a  
thicke substance and thus you shalld  
have a most excellent extract of the  
Rose, Gilloflower, &c. with the per-  
fect sent and taste of the flower;  
whereas the common waie is to  
make the extract either by the spi-  
rite of wine, faire water, the water  
of the plant, or some kind of men-  
struum.

20. *To make a water smelling of the Eg-  
lantine, Gilloflowers &c.*

**D**rie the herbe or flower, and  
distill the same in faire water  
in

SECRETES IN D. SALTATION.

in a Lymbecke, drawe no longer then you finde sent in the water that issueth, reiterate that water vpon fresh herbes, & distill as before, diuiding this sweetest from the rest.

21. A Scottish handwater.

PUt Thyme, Lauender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottome of a stone pot, vpon which make another lay of the saide herbes, and then a lay of Lees, and so forward: lute the pot well, bury it in the ground for 6. weekes, distill it, and it is called Dames water in Scotland. A hitle thereof put into a baton of common water maketh very sweete washing water.

22. How to draw the blood of herbes.

S Tampe the herbe, put the same into a large Glasse, leauing two parts empty (some commend the iuyce

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juice of the hearbe onely) nip or else  
lute the glasse very well, digest it in  
balneo, fifteen or sixteene daies, and  
you shall finde the same very red, di-  
uide the watterish part, and that which  
remaineth is the blood or essence of  
the hearbe.

23. Rosewater and yet the Roseleaves  
not discoloured.

Y<sup>C</sup>u must distill in balneo, and  
when the bottome of your pew-  
ter Still is through hot, put in a fewe  
leaves at once and distill them: watch  
your still carefully, and as soone as  
those are distilled put in more. I know  
not whether your profit will require  
your labour, yet accept of it as a new  
conclusion.

24. How to recover Rosewater, or any  
other distilled water that hath got-  
ten a mother, and is in danger to bee  
musty.

Infuse

Secrets in Distillation.

I MULLE your water upon fresh Rose  
Leaues, or yron Rose leaves bro-  
ken all in pieces, and then after  
maceration for three or four hours  
with a gentle fire, redistill your wa-  
ter. Do this in a Limbeck, take heed  
of drawing too long for burning,  
vulstle your Limbecke stand in bal-  
anco.

25. To draw both good Rosewater, and  
oyle of Rosest together.

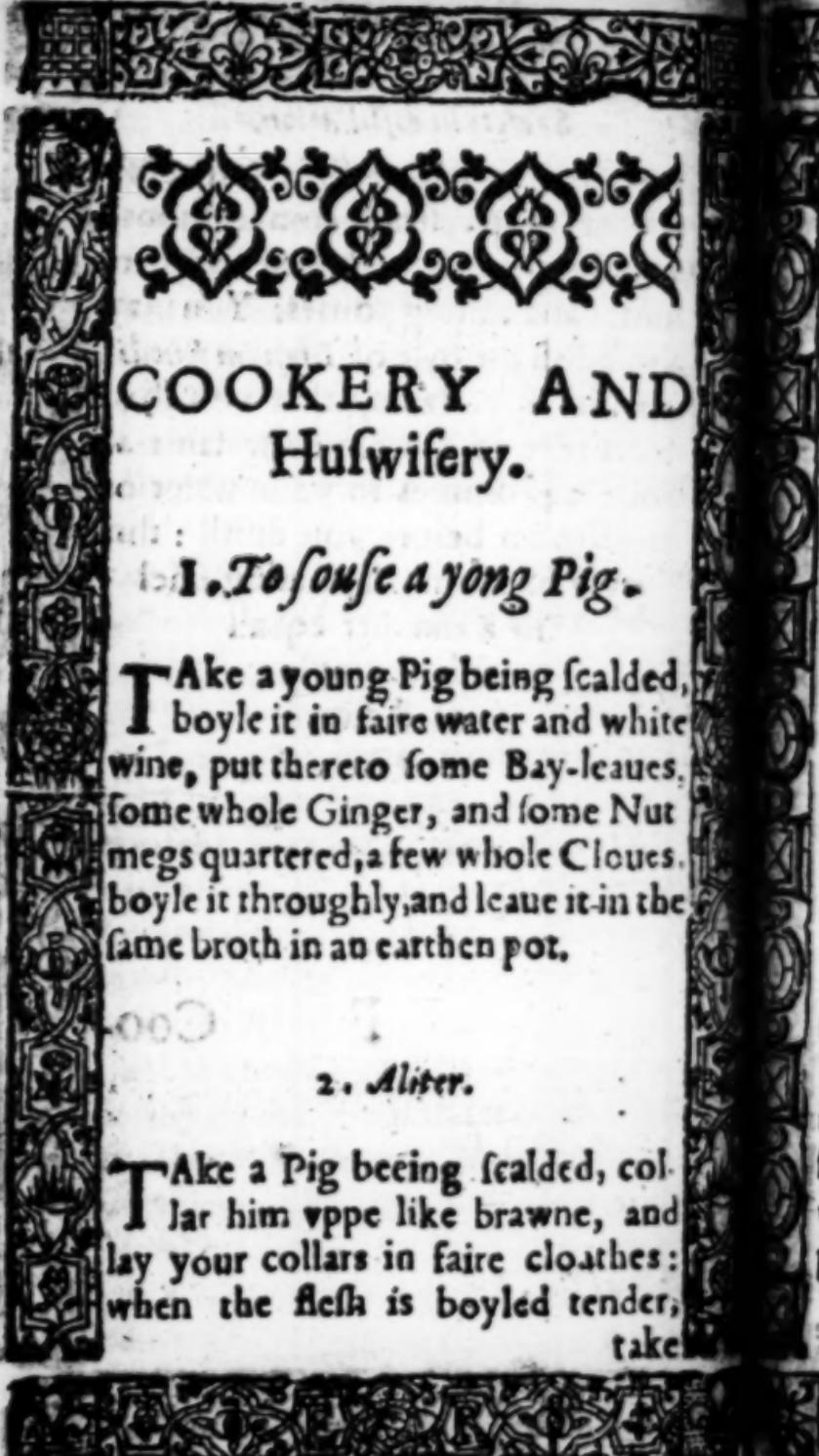
A FTER you haue digested your  
Rose leaues by the space of 3.  
moneths, *scint ante, num. 13.* either  
in barrels or hookers, , then distill  
them with faire water in a Limbecke,  
draw so long as you can find any ex-  
cellent smell of the Rose, then di-  
uide the fattie oyly that fleetereth on  
the top of the Rose-water, and so  
you haue both excellent oyly of  
Roses, and also good Rose water  
together, and you shall also haue  
more water then by the ordinarie  
way,

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way, and this Rolewater extendeth farther in physicall compositions, and the other serueth best for perfumes and casting bottles. You may also distill the oyle of *Lignum Rhodium* this way, sauing that you shal not neede to macerate the same aboue 24. houres in your water or menstruum before you distill : this oyle hath a most pleasing smel in a manner equall with the oyle of Roles.

F

Coo-



## COOKERY AND Huswifery.

### 1. To souse a yong Pig.

Take a young Pig beeing scalded, boyle it in faire water and white wine, put thereto some Bay-leaues, some whole Ginger, and some Nut megs quartered, a few whole Cloues. boyle it throughly, and leaue it in the same broth in an earthen pot.

### 2. Aliter.

Take a Pig beeing scalded, col-  
I lar him vppc like brawne, and  
lay your collars in faire cloathes:  
when the flesh is boyled tender,  
take

Cookery and Huswifery.

take it out, and put it in colde water and salt, and that will make the skin white : make lowfing drinke for it, with a quart of white wine, and a por-  
tale of the same broth.

3. To boyle a Flownder or Pickerell, of the French fashion.

Take a pinte of white wine, the tops of yong Thyme and Rosemary, a little whole mace, a little whole pepper, seasoned with Veriuce, salt, and a peece of sweet butter, and so serve it : this broth will serue to boyle fish twice or thrice in.

4. To boyle Sparowes or Larkes.

Take two ladles full of mutton broth, a little whole mace, put into it a peece of sweet butter, a handfull of Parsly beeing picked, season it with sugar, veriuce, and a little pep-  
per.

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5. To boyle a Capon in white broth.

Boyle your Capon by it selfe in faire water, then take a ladlefull or two of mutton broth and a little white wine, a little whole mace, a buadle of tweete hearbes, a little marrowe, thicken it with Almonds, season it with sugar, and a little verjuice: boyle a few Currans by thein selues, and a Date quartered, least you discolour your broth, and put it on the breast of your Capon, Chicken or Rabbet: if you haue no Almonds, thicken it with creame, or with yolks of egges, garnish your dishes on the sides with a Lemmoo sliced and sugar.

6. To boyle a Mallard, Teale, or Wiggen.

Take mutton broth and put it into a pipken, put into the bellie of

Cookery and Huswifery.

of the foule a few sweet hearbes and a littie mace, sticke halfe a dozen of Cloues in his breast, thicken it with a toste of bread steeped in veriuice, season it with a littie Pepper, and a littie Sugar: also one Onion minced small is very good in the broth of any water foule.

7. To boyle a legge of Mutton after the French fashion.

TAKE all the flesh out of your legge of mutton, or at the butte end, preseruing the skinne whole, and mince it small with Oxe suet, and marrowe, then take grated bread, sweete Creame, and yoalkes of egges, and a fewe sweete hearbes, put into it Currans, and Raylins of the sunne, season it with Nutmeggs, Mace, Pepper, and a littie Sugar, and so put it into the legge of Mutton againe where you tooke it out, and stew it in a potte with a

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marrowe bone or two, serue in the marrowe bones with the stewed-broath and fruite, and serue in your legge of mutton dry with caret roots sliced, and cast grosse pepper vpon the rootes.

8. To boyle Pigs petitoes on the French fashion.

Boyle them and slice them, being first rolled in a little batter, your batter beeing made with the yolke of an egge, two spoonfulls of sweet creame, and one spoonfull of flower, make sawce for it of Nutmeg, Vinegar and Sugar.

9. To boyle Pigeons with Rice.

Boyle them in mutton broath, putting sweete bearbes in their bellies, then take a a little Rice and boyle it in creame, with a little whole mace, season it with sugar, lay

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lay it thicke on their breasts, wringing also the iuice of a Lemmon vp on them and so serue them.

10. *To bayle a chine of veale, or chicken in sharp broth with herbes.*

**T**ake a little mutton broth, white wine and veriuce, and a little whole mace, then take Lettuce, Spinaige, and Parsley, and bruse it, and put it into your broth, seasoning it with veriuce, pepper and a little sugar, and so serue it.

11. *To make Beaumanger.*

**T**ake the brawne of a Capon, toase it like woll, then boyle it in sweet Creame with the whites of two Egges, & beeing wellboyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alabaster mortar with a wooden pestel, then drawe it through a thin strainer

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with the yolkes of two egges, and a little Rosewater, then set it on a chafingdish with coales, mixing foure ounces of sugar with it, and when it is colde dish it vp like Almond butter, and so serue it.

12. To make a Polonian sawedge.

TAKE the fillets of a Hog, chop them very small with a handfull of red Sage, season it hote with Ginger and Pepper, and then put it into a great sheepe's gut, then let it lie three nights in brine, then boyle it and hang it vp in a Chimney where fire is vsually kept, and these sawledges will last one whole yeare. They are good for fallades, or to garnish boyled meates, or to make one relish a cup of wine.

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13. To make tender and delicate  
brawne.

Put collars of brawne in kettles of water or other apt vessels, into an ouen heated as you would for househould bread: couer the vessels, and so leaue them as long in the ouen as you would doe a batch of bread; A late experiance amongst Gentlewomen tarre excelling the olde manner of boyling brawne in great and huge kettles. Quere, if putting your liquor hot into the vessels, and the brawne a little boyled first, it by this meanes you shall not give great expedition to your worke.

14. Paste made of fish.

Incorporate the body of saltfish, Stockefish, Ling, or any fresh fish that is not full of bone, with crumbs of bread, flower, Isinglasse, &c.

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&c. and with proper splices agreeing with the nature of euery severall fish, and of that paste mold off the shapes and formes of little fishes: as of the Roche, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and naturall fish.

15. How to barrell vp Oysters, so as they shall last sixe monethes sweete and good, and in their naturall taste.

Open your Oysters, take the li-  
quor of them and mixe a reason-  
able proportion of the best white  
wine vinegar you can get, a little salt  
and some pepper, barrell the fish vp  
in small caskes, couering all the Oy-  
sters in this pickle, and they will last  
a long time: this is an excellent  
meanes to conuey Oysters vnto dry  
townes, or to carry them in long  
voyages.

16. How

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16. How to keepe fresh Salmon a whole moneth in his perfect taste and delicateie.

**F**irst seeth your Salmon according to the vnuall manner, then sinke it in apt and close vessells in wine vinegar with a braunch of Rosemary therein. By this meanes Vintners and Cookes may make profit thereof when it is scarce in the markets, and Salmon thus prepared may be profitably brought out of Ireland and sold in London or elsewhere.

17. Fish kept long, and yet to eate short and delicately.

**F**ry your fish in oyle, some commend rape oyle, & some the sweetest Siuill oyle that you can get, for the fish will not taste at all of the oyle because

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because it bath a watrish body, and  
oyle and water make no true vnity,  
then put your fish in white wine vi-  
negar, and so you may keepe it for  
the vse of your Table any reasonable  
time.

18. How to keepe rosted Beefe a long  
Time sweet and wholesome.

This is also done in wine vinegar,  
your peeces beeing not ouer  
great, and well and close barreled vp:  
this secret was fully prooued in that  
honourable voyage vnto Cales.

19. How to keepe powdered Beefe fine  
or sixe weeks after it is sodden, with-  
out any charge.

When your Beefe hath beeen  
well and thoroughly pow-  
dered by tene or twelue daies space,  
then leet it thoroghly, dry it with

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a cloth, and wrap it in drie clothes, placing the same in close vessels and cupboards, and it will keepe sweet & sound two or three monethes, as I am credibly informed from the ex-perience of a kind and louing friend.

20. A concept of the Authors, how  
Beefe may bee carried at the sea,  
without that strong and violent im-  
pression of salt which is vsually pur-  
chased by long and extreme pow-  
dring.

**H**ere, with the good leaue and fauour of those courteous Gentlewomen, for whom I did principally, if not onely, intend this little treatise; I will make bolde to lancast a little from the shoare, and try what may bee done in the vaste and wide Ocean, and in long and daungerous voyages, for the better preseruation of such vsuall victualls, as for want of this skil

doe

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doe ofteentimes merely perish, or else by the extreme pearcing of the salte, doth lose euен their nutritiue strength and vertue: and if any fute experience doe happen to controul my present conceiwr, lette this excuse a scholler, *quod in magnis est voluisse satis.* But now to our purpose, lette all the blood bee first well gotten out of the Beefe, by leauing the same some nine or tene dayes in our vsuall brine, then barrell vp all the peeces in vessels full of holes, fastning them with ropes at the sterne of the shipp; and so dragging them through the salt seawater (which by his infinite change and iucession of water will suffer no putrefaction as I suppose) you may happily finde your Beefe both sweet and sauory enough when you come to spend the same. And if this happen to fall out true vpon some tryall thereof had, then either at my next impression, or when I shall bee urg'd thereunto vpon any necessitie of

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of service, I hope to discouer the  
neanes also whereby euery Shippe  
may carrie sufficient store of victuall  
for her selfe in more close and con-  
uenient carriages then those loose ves-  
tells are able to performe. But if I  
may bee allowed to carry either roa-  
sted or sodden flesh to the sea, then  
I dare aduenture my poore credite  
therein to preserue for sixe whole  
monethes together, either Beefe,  
Mutton, Capons, Rabbets, &c. both  
in a cheape manner, and as fresh as  
we doe now vsually eate them at our  
Tables. And this I hold to be a most  
singular and necessary secret for all  
our English Navy: which at all times  
vpon reasonable termes I will bee  
readie to disclose for the good of  
my Countrey.

12. How

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21. How to make sundry sorts of most dainty butter, having a lively taste of Sage, Cinnamon, Nutmegs, Mace, &c.

This is done by mixing a fewe droppes of the extracted oyle of Sage, Cinnamon, Nutmegs, Mace, &c in the making vp of your butter: for oyle and butter will incorporate and agree very kindly and naturally together. And how to make the saide oyles with all necessarie vessels, instruments and other circumstances, by a most plaine and familiar description; See my Jewell house of Art and Nature, vnder the Title of Distillation.

22. How to make a larger and daintier Cheese of the same proportion of milk then is commonly vsed or knowne by any of our best Dairie women at this day.

Hauing

H<sup>A</sup>uing brought your milke in-  
to curdes by ordinary rennet,  
either breakethem with your hands  
according to the viuall manner of  
other Cheeses, and after with a flic-  
ting dish, taking away as much  
of the whey as you can; or else put  
in the curds, without breaking, into  
your moate, let them so repose one  
houre, or two, or three, and then to  
a Cheeze of two gallons of milke,  
adde a weight of tenne or twelue  
pound, which weight must rest vp-  
on a couer, that is fit with the moate  
or case; wherein it must vncly de-  
scende by degrees as you increase  
your weight, or as the curdes doe  
sinke, and settle. Let your curdes  
remaine so a'l that day and night  
following vntill the next morning,  
and then turne your Cheeze or  
curdes, and place your weight againe  
thereon adding from time to time  
some more small weight as you  
shall see cause. Note that you must  
lay

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lay a cloath both voder and ouer your curdes at the leaſt, if you will not wrap them all ouer as they doe in other Cheeses, changing your cloath at euery turning. Also if you will worke in any ordinary moate, you must place a round and broade hoope vpon the moate, be- ing iuft of the ſelſe ſame bignesse or circumference, or elſe you ſhall make a verie thinn Cheese. Turne these Cheeses euerie mor-ning and euening, or as often as you ſhall ſee cauſe, till the whey bee all runne out, and then proceed as in ordinarie Cheeses. Note that theſe moates would bee full of holes, both in the ſides and botome, that the whey may haue the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deuife moates or caſes either round or ſquare of fine wicker, which ha- uing wicker couers, may by ſome ſleight bee ſo stayed, as that you ſhal need

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neede onely morning and euening to turne the wrong side vpwarde, both the bottomes beeing made loose and so close, and fittinge, as they may sinke truely within the moate or molde, by reason of the weight that lyeth thereon. Note, that in other Cheeses, the couer of the moate shutteth ouer the moate: but in these the couers descend and fall within the moates. Also your ordinary Cheeses are more spon- gious and full of eyes then these, by reason of the violent pressing of them, whereas these Cheeses settling gently and by degrees, doe cut as close and as firme as marmalade. Also in those Cheeses which are pressed out after the vsuall manner, the whey that commeth from them, if it stand a while, will canie a creame vpon it, whereby the Cheese must of necessity bee much lesse, and as I ghesse by a fourth parte: whereas the whey that commeth from these newe kinde of Chee-

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Cheeses is like faire water in colour, and carrieth no strength with it. Note also that if you put in your curdes vnbroken, not taking away the whey that issueth in the breaking of them, that so the Cheeses will yet bee somuch the greater: but that is the more troublesome way, because the curdes bee-  
ing tender will hardly endure the turning, unlesse you bee very carefull. I suppose that the Angelotes in Fraunce may bee made in this manner in small baskets, and so likewise of the Parmesan; and if your whole Cheeses consist of vn-  
botten milke, they will bee full of butter and eate most daintily, be-  
ing taken in their time, before they bee too dry: for which purpose you may keepe them when they beginne to growe dry, vpon grea-  
rushes or nettles. I haue robbed my wiues Dairit of this secret, who hath hitherto refused all recom-  
pences that haue beene offered  
her

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her by gentlewomen for the same: and had I loued a Cheese my selfe so well as I like the receipt, I think I should not so easily haue imparted the same at this time. And yet I must needes confess, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue beene willing to publish this with some other secrets of worth, for the which I haue many times refuled good store both of crownes and angelis: and therefore let no Gentlewoman thinke this booke too deare, at what price soever it shall be valued vpon the sale thereof, neither can I esteeme the worke to be of lesse then twentie yeares gathering.

23. Clouted creame.

TAKE your milke beeing new milked; and presently sette it vpon the fire from morning vntill the

*Cookery and Huswifery:*

the cuening, but let it not seeth:  
and this is called my Lady Youngs  
clowred creame.

*24. Flesh kept sweet in summer.*

**Y**OU may keep veale, mutton, or  
venison in the heate of summer  
nine or ten dayes good, so as it bee  
newly and faire killed, by hanging  
the same in an high & windy roome.  
(And therfore a plate cupboard full  
of holes, so as the wiode may haue a  
through passage, would be placed in  
such a roome to auoid the offence of  
fly-blowes). This is an approued se-  
cret easie and cheape, and very neces-  
sary to bee knowne and practised in  
hot and tainting weather. Veale may  
be kept ten daies in bran.

*25. Mustard Meale.*

**I**T is vsuall in Venice to sell the  
meale of mustarde in their mar-  
kets

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kets, as we doe flower and meale in England: this meale by the addition of vinegar in two or three dayes becommeth exceeding good mustard, but it would bee much stronger and finer, if the husks or hulls were first diuided by search or boulter, which may easily be done, if you dry your seedes against the fire before you grinde them. The Dusch iron hand-mils, or an ordinary pepper mill may serue for this purpose. I thought it very necessarie to publish this manner of making of your sauce, because our mustard which wee buy from the Chaundlers at this day is many times made vp with vile and filthy vinegar, such as our stomacke would abhorre if wee should see it before the mixing thereof with the seedes.

26. *How to avoid smoake, in broyling of Bacon, Carbonado, &c.*

**M**ake little dripping panes of paper,

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the euening, but let it not seeth: and this is called my Lady Youngs clowred creame.

24. *Fleſh kept ſweet in ſummer.*

You may keep veale, mutton, or venison in the heate of ſummer nine or ten dayes good, ſo as it bee newly and faire killed, by hanging the fame in an high & windi roome. (And therefore a plate cupboord full of holes, ſo as the wiode may haue a through paſſage, would be placed in ſuch a roome, to auoid the offence of fly-bloues). This is an approoued ſecret easie and cheape, and very neceſſary to bee knowne and practiſed in hot and tainting weather. Veale may be kept ten daies in bran.

25. *Mustard Meale.*

It is vſuall in Venice to ſell the meale of muſtarde in their markeſt,

*Cookery and Huswifery.*

kets, as we doe flower and meale in England: this meale by the addition of vinegar in two or three dayes commeth exceeding good mustard, but it would bee much stronger and finer, if the husks or hulls were first diuided by search or boulter, which may easilly be done, if you dry your seedes against the fire before you grinde them. The Dutsch iron hand-mills, or an ordinary pepper mill may serue for this purpose. I thought it very necessarie to publish this manner of making of your sauce, because our mustard which wee buy from the Chaundlers at this day is many times made vp with vile and filthy vinegar, such as our stomacke would abhorre if wee should see it before the mixing thereof with the seedes.

26. *How to avoid smoake, in broyling of Bacon, Carbonado, &c. c.*

**M**ake little dripping panes of paper,

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paper, pasting vp the corners with starch or paste, wet them a little in water ( but Pope *Pius Quintus* his Cooke will haue them touched ouer with a feather first dipped in oyle or molten butter ) lay them on your gridiron, and place therein your slices of bacon, turning them as you see cause. This is a cleanly way, and auoideth ill smoake. In the same manner you may also broyle thin slices of Polonian lawleggs, or great Oysters, for so were the Popes Oysters dressed. You must bee carefull that your fire vnder the gridiron flame not, least you happen to burne your dripping pins, and therefore all colebrands are here secluded.

27. *The true bottling of beere.*

**W**hen your beere is tenne or twelue daies olde, whereby it is growne reasonable cleare, then

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then bottle it, making your corkes very fit for the bottles, and stoppe them close, but drinke not of this beere till they beginne to worke againe and mantle, and then you shall find the same most excellent and sprightly drinke: and this is the reason why bottle Ale is both so windie & muddie, thundering and smoking vpon the opening of the bottle, because it is commonly bottled the lame day that it is laid into the Cellar, whereby his yeast beeing an exceeding windie substance, beeing also drawne with the Ale not yet fined, doth incorporate with the drinke, & maketh it also very windie: and this is all the lime and gun. powder wherewith bottle Ale hath beeene a long time so wrongfully charged.

28. *How to helpe your bottles when they are musty.*

Some put them in an ouen when  
the

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them by this discouery amongst the fishmongers (who onely in respect of their speedy decay doe now and then afford a pennie worth in them) if you wrappe them in sweete and course ragges first moystned in brine and then burie these cloathes in Calis sand, that is also kept in some croole and moyst place, I knowe by mine owne experience that you shall finde your labour well bestowed, & the rather if you lay them in severall cloathes, so as one doe not touch the other.

32. Divers excellent kindes of  
bottle Ale.

I Cannot remember that euer I did drinke the like sage Ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of sage with a quart of Ale, the same beeing well brewed out of one potte into another,

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ther: and this way a whole Stand of sage Ale is very speedily made. The like is to be done with the oyle of Mace or Nutmegs. But if you will make a right golssips cuppe that shall farre exceed all the Ale that ever mother *Bunch* made in her life time, then in the bottling vp of your best Ale, tunne halfe a pinte of white I-pocras that is newly made, and after the best receipt, with a pottle of Ale: stoppe your bottle close, and drinke it when it is stale. Some commend the hanging of roasted Orenges prickt full of Cloues in the vessell of Ale, till you finde the taste thereof sufficiently graced to your owne liking.

33. How to make wormwood wine verie speedily and in great quantity.

**T**ake small Rochell or Coniacke wine, put a few droppes of the  
extra-

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extracted wine of wormewood ther-  
io, brew it together ( as before is  
set downe in bottle ale ) out of one  
potte into another , and you shall  
haue more neate and wholesome  
wine for your bodie, then that which  
is sold at the stilliard for eight  
wormewood wine,

34. Rosewater and Rosevinegar of the  
colour of the Rose, & of the Cowslip,  
and violet vinegar.

If you would make your Rosewa-  
ter and Rosevinegar of a Ruby col-  
or, then make choice of the crimson  
veluet coloured leaues, clipping away  
the whites with a paire of sheers, and  
being thorough dried, put a good  
large handfull of them into a pinte of  
Damask or red Rosewater, stop your  
glasse well & set it in the Sun, till you  
see that the leaues haue lost their col-  
our. Or for more expedition you  
may performe this work in Balneo in

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a fewe houres, and when you take out the old leaves, you may put in fresh till you find the colour to please you. Keape this Rosewater in glasse very well stopt, the fuller the better. What I haue saide of Rosewater, the same may also bee intended of Rosevinegar, violet, marigolde, and cowslip vinegar, but the whiter vinegar you chuse for this purpose, the colour thereof will bee the brighter, and therefore distilled vinegar is best for this purpose, so as the same bee warily distilled with a true diuision of parts, according to the manner expressed in this booke in the distillation of vinegar.

35. To keape the iuyce of Orenge and Lemmons all the yeare for saues, Inleps, and other purposes.

Expresse their iuyce, and passe it thorough an Ipocras bagge to clarifie it from his impurities,

G 4      then

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then fill your glasse almost to the top, couer it closely, and let it stand so till it haue done boyling; then fill vp your glasse with good Sallet oyle, and set it in a coole closet or butterie where no sunne commeth. The aptest glasses for this purpose are straight vpright ones, like to our long beere glasses, which would bee made with little round holes, within two inches of the bottome to receive aptfawcets, and so the grounds or ices would settle to the bottome, and the oyle woulde sinke downe with the iuice so closely that all putrefaction woulde bee auoyded: or in steede of holes if there were glasse pipes it were the better and readier waie, because you shall hardly fasten a fawcet well in the hole. You may also in this manner preserue many iuices of hearbes & flowers.

And because that profit and skill vntited doe grace each other, if

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if (courteous Ladies) you will lend  
cares and followe my direction; I  
will beere furnish a great number  
of you (I would I could furnish you  
all) with the iuyce of the best ciuill  
Orenge at an easie price: About  
Alhallontide or soone after, you  
may buy the inward pulpe of ciuill  
Orenge wherein the iuyce resteth,  
of the Comfetmakers for a small  
matter, who doe onely or principally  
respect their rindes to preserue &  
make Orengeadoes witball, this  
iuyce you may prepare and preserue  
as before.

36. *How to purifie and giue an ex-  
cellente smell and taste unto Sal-  
les oyle.*

**P**ut Sallet Oyle in a Vessell of  
woode or earth, having a hole  
in the bottome; to every fourte  
quarts of water adde one quart of  
oyle, and with a wooden spoone or

G 5 spattle

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spattle beate them well together for a quarter of an houre, then let out the water, preventing the oyle from issuing, by stopping of the hole, repeate this werke two or three times, and at the last you shall finde your oyle well cleansed or clarified. In this manner you may also clarifie Capons grease, beeing first melted, and working with warme water. All this is borrowed of M. Bartholomeus Scapius the master Cooke of Pope Pius Quintus his priuy kitchen. I shinke if the last agitation were made in Rosewater, wherein also Cloues or Nutmegs had beene macerated, that so the oyle would bee yet more pleasing.

Or if you set a jarreglassie in Balneo full of sweete oyle, with some store of bruised Cloues, and rindes of ciuill Orenge or Lemmons also therein, and so continue your fire for two or three houres, and then letting the cloues and rindes remaine in the oyle till both the sent and taste doe

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doe please you: I thinke many men  
which at this day doe loath oyle (as  
I my selfe did, not long since) would  
be easily drawne to a sufficient liking  
thercof.

37. How to clarifie without any Distil-  
lation both white and claret wine vi-  
negar, for gellies or sauces.

**T**O euery sixe pintes of good wise  
vinegar, put the whites of two  
new laid egges well beaten, then put  
all into a newe leaden pipkin; and  
cause the same to boyle a little ouer  
a gentle fire, then let it run through  
a course gelly-bagge twice or thrice,  
and it will bee very cleare, and keepe  
good one whole yeare.

38. To make a most delicate white salt  
for the table.

**F**irst calcioe or burne your white  
salt

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alt, then dissolve it in cleere conduit water, let the water stand without stirring, fortie eight boures, then carefully drawe away all the cleere water onely, filter it, and after evaporate the filtered liquor, reseruing the salte. Some leaue out calcination.

39. A delicate Candle for a Ladjes Table.

Cause your Dutch Candles to bee dipped in Virgin waxe, so as their last coate may bee merely waxe: and by this meanes, you may carrie them in your hand without melting, and the sent of the tallow will not breake through to giue offence: but if you would haue them to resemble yellow waxe Candles, then first let the tallow be coloured with Turmericke boyled therein, and strained: and after your Candles haue beeene dipped therein to a suff.

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sufficient greatness, let them take their last coate from yellow waxe, this may bee done in a great round Cane of tinne plate, having a botome, and beeing somewhat deeper then the length of your Candles: & as the waxe spendeth, you may still supply it with more.

40. *How to hang your Candle in the ayre without candlesticke.*

**T**HIS will make a strange shewe to the beholders that know not the conceit: It is done in this manner. Let a fine Virginall wyer bee conueighed in the midft of every wike, and left of some length above the Candle to fasten the same to the postes in the roofe of your house, and if the roome bee any thing high roofed, it will be hardly discerned, and the flame though it consume the tallow, yet it will not melt the wyer.

41. *Rose*

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41. Rose Vinegar made in a new  
manner.

**M**ACERATE or steep Rose-leaves in faire water, let them bee therein till they waxe soure in smell, and then distill the water.

Sweet

EVERYDAY  
  
SWEETE POW-  
ders, Oyntments,  
Beauties, &c.

1. *An excellent damask powder.*

**T**ake of yreos halfe a pound,  
Rose-leaves 4. ounces, Cloues  
one ounce, Lignum Rhodium two  
ounces, Storax one ounce and a half,  
muske and ciuet of each ten graines,  
beate and incorporate them well  
together.

2. *An excellent hand-water or washing  
water very cheape.*

**T**ake a gallon of faire water,  
one handfull of Lauender flow-  
ers, a fewe Cloues, and some Orace  
powder

*Sweete powders.*

powder, and four ounces of Ben-  
jamin; distill the water in an ordi-  
nary leaden Still: you may distill a se-  
cond water by a new infusion of wa-  
ter vpon the fees, a little of this will  
sweeten a bason of faire water for  
your table.

*3. A Ball to take out stains  
from linnen.*

**T**ake four ounces of white hard  
Soape, beate it in a mortar with  
two small Lemmons sliced, and as  
much roach allome as an basell Nut,  
roll it vp in a ball, rub the stain there-  
with, & after fetch it out with warme  
water if need be.

*4. A sweet and delicate Pomander.*

**T**ake two ounces of Labdanum,  
of Benjamin and Storax one  
ounce, muske sixe graines, ciuit  
sixe

Ointments, and beauties.

sixe graine, Amber griece sixe  
graines, of Calamus Aromaticus and  
Lignum Aloes, of each the waight  
of a groate: beate all these in a hot  
mortar, and with an hote perell till  
they come to past, then wet your  
hand with Rosewater, and roll vp the  
past so dainly.

5. To take staines out of ones hands  
presently.

**T**HIS is done with the iuyce of  
Sorrell, washing the stayned  
place thereon.

6. To take away spots and freckles from  
the face or hands.

**T**He sappe that issueth out of a  
Birch tree in greate aboun-  
dance, beeing opened in March or  
Aprill, with a receiver of glasse set  
vnder the boaring thereof to re-  
ceive the same, doth performe the  
same

*Sweet powders,*

same most excellently and maketh  
the skin very cleare. This fappe will  
dissolute pearle, a secret not knowen  
vnto many.

*7. A white fucus or beauty  
for the face.*

**T**He iawe bones of a Hogge or  
Sowc well burnt, beaten and  
searced through a fioe searce, and  
after ground vpon a porphire or ser-  
pentine stone, is an excellent fucus,  
beeing laid on with the oyle of white  
poppy.

*8. A delicate washing ball.*

**T**ake three ounces of Orace,  
halfe an ounce of Cypres, two  
ounces of Calamus Aromaticus,  
one ounce of Roseleaues, two oun-  
ces of Lauender flowers, beate all  
these together in a mortar, searcing  
them thorough a fine searce, then  
scrape

Ointments, beauties, &c.

scrape some castle soape, and dissolve it with some Rosewater, then incorporate all your powders therewith by labouring of them well in a mortar.

9. Damask powder.

Take five ounces of Orace, two ounces of Cypress, two ounces of Colamus, halfe an ounce of Cloues, one ounce of Beniamin, one ounce of Roseleaves, one ounce of Storax calamitum, halfe an ounce of Spike flowers, mixe them well together.

10. To keepe the teeth bush white  
and sound.

Take a quart of hony, as much vinegar, and halfe so much white wine, boyle them together and wash your teeth therewith now and then.

11. To

*Sweet powders,*

11. *To delay heate, and cleare  
the face.*

**T**ake three pintes of conduit wa-  
ter, boyle therein two ounces  
of French barley, change your wa-  
ter, and put in the barley againe: re-  
peate this so long, till your water  
purchase no colour from the bar-  
ley, but become very cleare: boyle  
the last three pintes to a quart, then  
mixe halfe a pint of white wine  
therein, and when it is colde, wring  
the iuyce of two or three good Lem-  
mons therein, and vse the same for  
the Morphew, heate of the face or  
hands, and to cleare the skinne.

12. *Skinne kept white and cleare.*

**V**ash the face and body of a  
sucking childe with breast  
milk, or cowmilke, or mixed  
with

Ointments, beauties, &c.

with water, every night, and the childe's skinne will waxe faire and cleare, and resist sunburning.

13. An excellent Pomatum to cleare  
the skinne.

**V**V Ash Barrowes grease often times in May-dewe that hath beeene clarified in the Sunne, till it bee exceeding white, then take Marshmallow rootes scraping off the outsides, then make thynne slices of them and mixe them, sett them to macerate in a seething Balneo, and scumme it well till it bee thoroughly clarified and will come to roape, then straine it, and put now and then a spoonefull of May-dewe therin, beating it till it bee thorough colde in often change of May-dewe, then throwe away the dewe, and put it in a glasse, couering it with May-dewe, and so reserue it to your vse. Let the mal-  
low.

*Sweet powders,*

lowe rootes bee two or three dayes  
dryed in the shade before you vse  
them. This I had of a great profes-  
sor of Arte, and for a rare and dainty  
secret, as the best fucus this day  
in vse.

*14. Another minerall fucus for  
the face.*

I ncorporate with a wooden pe-  
stle and in a wooden morter with  
greate labour fourre ounces of sub-  
limate, and one ounce of crude Mer-  
curie, at the least sixe or eight houres  
(you cannot beslowe too much la-  
bour herein) then with often change  
of colde water, by ablution in a  
glasse, take away the salts from the  
sublimate, change your water twice  
euery day at the least, and in seauen  
or eight daies (the more the better)  
it will be dulcified, and then it is pre-  
pared. Lay it on with the oyle of  
white poppey.

*15. To*

Ointments, beauties, &c.

15. To helpe away chilblaines out of the hands or feet.

Boyle halfe a pecke of Oates in a quart of water, till they waxe dry, then hauing first anoynted your handes with some good Pomatum and well chafed them, holde them within the Oates as hotte as you may well suffer them, couering the bowle wherein you putte your handes with a double cloath to keep in the steame of the Oates. Doe this three or four times, and you shall finde the effect. The same Oates will serue to bee sodden with fresh water three or four times.

16. To helpe a face that is redde or pimpled.

Dissolve common salt in the iuyce of Lemmons, and with a  
linnen

Ointments, beauties, &c.

linnen cloath, pat the patients face  
that is ful of heate or pimples. It  
cureth in a few dressings.

17. *Alister.*

TAke of those little whelkes or  
shells which some doe call giny  
money, wash fine or sixe of them,  
and beate them to fine powder, and  
infuse the iuyce of Lemmons vp-  
on them, and it will presently boile:  
but if it offer to boyle out of your  
glasse, then stoppe the mouth there-  
of with your finger, or blowe into it.  
This will in a short time bee  
like an oyntment, with which you  
must anoynt the heate or pimples  
of the face oftentimes in a daie  
till you finde help. As the oyntment  
dryeth, put more iuyce of Lem-  
mons to it. This, of an outlandish  
Gentlewoman, and it is an assured  
remedy, if the heate bee not very  
extremie. Some haue found by ex-

perience

*Ointments, beauties, &c.*

perience, that bathing of the fite  
with hote vinegar every night when  
they goe to bed doth mightily repell  
the humor.

18. *Aliter.*

**Q** Vilt bay salt well drjed & pow-  
dered, in double linnen socks  
of a pretty bignesse, let the patient  
weare them in wide hose and shooes  
day and night, by the space of four-  
teene dayes, or till hee be well: eue-  
ry morning and euening let him dry  
his socks by the fire and put them on  
againe.

This helped M. Fosser an Essex man  
& an Attorney of the common pleas  
within these few years, but now decea-  
sed, whose face was for many yeeres  
together of an exceeding high & furi-  
ous colour, of my own knowledge,  
and had spent much mony in physick  
vwithout any successe at all, vntill

H he

*Sweet powders,*

he obtained this remedy. The patient must not take any wet of his face during the cure.

19. *Aliter, & optimis.*

**T**AKE halfe a pound of white distilled vinegar, two new layde Egges with their shelles, two spoonfulls of the flowers of brimstone, let these macerate in the vinegar by the space of three dayes: then take out the Egges, and pricke them full of holes with a needle, but not too deepe, least any of the yowalke should happen also to issue, let that liquor also mixe with the vinegar, then straine all thorough a fine cloath, and tie vp the brimstone in the cloath, like a little ball, dippe this ball in the strained liquor, when you vse it, and patte it on the place three or four times euery day, and this will cure any red face in

Ointments, baubies, &c.

in twelue or foureteene daies. Some  
doe also commend the same for  
an approoued remedie against the  
morphew; the brimstone ball must  
bee kept in some close thing from  
the aire.

20. How to take away any pimple from  
the face.

**B**rimstone ground with the oyle  
of Turpentine, and applied to  
any pimple one houre, maketh the  
flesh to rise spungeous: which bee-  
ing anointed with the thicke oyle of  
butter that ariseth in the morning  
from newe milke sodden a little o-  
uer night, will heale and scale a-  
way in a fewe daies, leauing a faire  
skinne behinde. This is a good  
skinning salve.

*Sweet powders,*

21. *To helpe any Morphew, sumburing, itch, or red face.*

**S**EEP two sliced Lemmons bee-  
ing large and faire, in a pynt of  
Conduit vwater, leaue them four  
or five dayes in infusion couering  
the vwater, then straine the vwater,  
and dissolue therein the quantitie  
of a hasell nut of sublimate ( some  
hold a dram a good proportion to  
a pint of vwater ) finely powdered: let  
the patient wet a cloth therein, and  
rubbe the place where the grieve is,  
every morning and evening a hit  
tlic, till the hew doth please her, you  
may make the same stronger or  
weaker according to good discre-  
tion.

22. *For the Morphew.*

**T**AKE a pynt of distilled Vi-  
negar, lay therein two new laid  
egges

Ointments, beauties, &c.

egges vvhole with their shels, three yellow Docke roots picked and sliced, two spoonefulls of the flowers of brimstone, and so let all rest three daies, and then use this liquor with a cloth, rubbing the place three or foure times euery day, and in three or foure daies it commonly helpeth: put some brayne in your cloth before you moisten your cloth therein, binding it vp in forme of a little ball.

This, of Master Rich of Lee, who helped himselfe and a gallant Ladie therewith in a few daies.

23. To take away the freckles in  
the face.

WASH your face in the  
vvane of the Moone with  
a Spunge, morning and euening  
vvith the distilled vwater of Elder-  
leaves, letting the same dry into  
the skinne. Your water must be di-

H 3      distilled

Sweet powders,  
stilled in *May*. This frō a Traveller,  
who hath cured himself thereby.

24. To cure any extreame bruise vpon  
a sore fall, on the face, or any other  
member of the body.

Presently after the fall make a  
greate fire, and applie hotte  
cloathes one after another with-  
out intermission, the patient stan-  
ding neare the fire for one houre  
and a halfe, or till the swelling be  
cleane abated. This I knewe pro-  
ued with good successe in a maid  
that fell downe a paire of staires,  
whereby all her face was extre-  
mely disfigured. Some holde opini-  
on that the same may bee per-  
formed with clothes wet in hotte  
water and then wrung out againe  
before application. Then to take  
away the chaungeable colours,  
which doe accustomably followe  
all bruises, shred the roote of a  
greene

*Ointments, beauties, &c.*

greene or growing flower deluce, beate it with red Rosewater, and grinde it till it come to a salue, apply the same, and in fewe houres it taketh away all the colours: but if it lie too long it will raise pimples: and therefore so soone as the colors be vanished, immediately remooue the salue.

*25. How to keep the teeth cleane.*

**C**alcine the tops and braunches of Rosemary into ashes, and to one parte thereof, put one parte of burnt Allome, mixe them well together, and with thy finger first moystned a little with thy spetle, rubbe all thy teeth ouer a prettie while every morning till they bee cleane, but not to galling of thy gums, then suppe vp some faire wa-  
ter or white wine, gargling the same vppe and downe thy mouth a

H 4 while

Sweet powders,

while, and then dry thy mouth with a towell. This, of an honest Gentleman and a painefull gatherer of physicalreccites.

26. Sweete and delicate Dentifrices or  
Rubbers for the teeth.

**D**issolve in fourre ounces of warme water, three or fourre drammes of gumme Dragagant, and in one night this will become a thicke substance like gellie, mingle the same with the powder of Alabaster finely ground and searced: then make vp this substance into little rounde rolles, of the bignesse of a childes arrowe, and fourre or fiue inches in length. Also if you temper Roset, or some other colour ( that is not hurtfull) with them, they will shewe full of pleasing veines. These you may sweeten either with Rose-water, Ciuet or muske. But if your teeth bee

Ointments, beauties &c.

bee very scalie, let some expert Barbar first take off the scales with his instrument, and then you may keepe them cleane by rubbing them with the aforesaid rolles.

And heere, by those miserable experiences that I haue seene in some of my dearest friends, I am enforced to admonish all Gentlewomen to bee carefull how they suffer their teeth to be cleansed and made white with any *Aqua fortis*, which is the Barbare viuall water: for valesse the same be both well allayed, and carefully applied, shée may happen within a few dressings to be forced to borrow a ranke of teeth to eate her dinner, vnlesse her gummes doe helpe her the better.

27. A delicate stone to sweat in.

I Knowe that many Gentlewomen  
I as well for the cleering of their  
H 5 skins

Sweete powders,

skinnes as cleansing of their bodies, doe now and then delight to sweat. For the which purpose I haue sett downe this manner following, as the best that euer I obserued. Put into a brasie potte of some good content, such proportion of sweete herbes, and of such kinde as shall bee most appropriate for your infirmitie, with some reasonable quantitie of water, clost the same with an apt couer, and well luted with some paste made of flower and whites of Egges: at some parte of the couer you must let in a leaden pipe (the entrance whereof must also bee well luted) this pipe must bee conveyed thorough the side of the Chimney, where the potte standeth in a thicke hollow stake, of a bathing tubbe crossed with hoopes according to the vsuall manner in the top, which you may couer with a sheete at your pleasure. Now the steame of the potte passing thorough the pipe

*Ointments beauties, &c.*

pipe vnder the halfe bottome of the  
bathing tubbe, which must bee bo-  
red full of bigge holes, will breath  
so sweete and warme a vapour up-  
on your bodie, as that (receiuing  
aire by holding your head without  
the tubbe as you li: therein) you shall  
weare most temperately, and con-  
tinue the same a long time with-  
out fainting. And this is perfor-  
med with a small charcole fire main-  
tained vnder the pot for this purpose.  
Note that the roome would bee  
cloe wherin you place your bathing  
tub, least any sudden colde should  
happen to offend you whilst your  
body is made open and porous to  
the ayre.

28. *Diuers sorts of sweet hand-waters  
made suddenly or extempore, with  
extracted oyles of Spices.*

**F**irst you shall understand that  
whensoeuer you shall drawe any  
of

Sweet powders,

of the afore-saide oyles of Cynamen, Cloues, Mace, Nutmegs, or such like, that you shall haue also a pottle or a gallon more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea, some doe keepe the same for their broths, wherein otherwise they shoulde sc some of the same kinde of spice.

But if you take three or four drops onely of the oyle of Cloues, Mace, or Nutmegs (for Cynamon oyle is too costly to spend this way) and mingle the same with a pinte of faire water, making agitation of them a prettie while together in a glasse having a narrow mouth, till they haue in some measure incorporated them-selues together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwaies furnish your selfe of sweet water of severall kindes, before such time as your guests shall be

Ointments, beauties, &c.

be ready to sit downe. I speake not  
heere of the oyle of Spike ( which  
will extend very farre this way) both  
because every gentlewoman dooth  
not like so strong a sent, and for that  
the same is elsewhere already com-  
mended by another Author. Yet I  
must needs acknowledge it to bee  
the cheaper way , for that I assure  
my selfe there may bee five or sixe  
gallons of sweet water made with  
one ounce of the oyle , which you  
may buy ordinarily for a groat at the  
most.

29. *An excellent sweet water for a ca-  
sing bottle.*

**T**AKE three drammes of oyle  
of Spyke , one dram of oyle of  
Thyme, one dram of oyle of Lem-  
mons, one dram of oyle of Cloues,  
then take one graine of Ciuer,  
and three graines of the aforesaid  
composition well vvrrought toge-  
ther,

*sweet powders,*

ther. Temper them well in a siluer  
spoone with your finger, then put  
the same into a siluer bowle, wash-  
ing it out by little and little into the  
boule with a little Rosewater at once,  
till ali the oyle be washed out of the  
spoone into the bowle, and then doe  
the like by washing the same out of  
the bowle with a little Rosewater at  
once, till all the sent be gotten out,  
putting the Rosewater stil in a glasse,  
when you haue tempered the same  
to the bowle sufficiently. A pinte of  
Rosewater will bee sufficient to  
mingle with the saide proportion:  
and if you finde the same not  
strong enough of the ciuet, then you  
may to euery pinte put one graine &  
a halfe, or two graines of ciuet to the  
weight of three graines of the afore-  
said composition of oyles.

30. To colour a blacke haire presently  
into a Chestnut colour.

This

Ointments, beauties &c.

**T**HIS is done with oyle of Vitrioll : but you must doe it very carefully not touching the skin.

31. A present and delicate perfume.

**L**AKE two or three drops of liquid Amber vpon a glowing coale; or a peece of lignum aloes, lignum Rhodium, or storax.

32. To renew the sent of a Pomander.

**T**AKE one graine of cypet, and two of muske, or if you double the proportion it will bee so much the sweeter, grinde them vpon a stone with a little Rose-water, and after wetting your handes with Rosewater, you may worke the same in your Pomander. This is a sleight to passe awaie an olde Pomander, but my intention is honest.

33. How

33. How to gather and clarifie  
May deaw.

When there hath fallen no  
raine the night before, then  
with a cleane and large sponge, the  
next morning you may gather the  
same from sweete hearbs, grasse or  
corne: straine your deaw and expose  
it to the sunne in glasles couered with  
papers or parchment prickt full of  
holes, strain it often, continuing it in  
the sunne, & in an hote place till the  
same growe white and cleere, which  
will require the best part of the Sum-  
mer.

Some commend May deaw ga-  
thered from Fennell & Celandine,  
to be most excellent for sore eyes, &  
some commend the same ( prepared  
as before) aboue Rosewater for pre-  
serving of fruities, flowers, &c.

34. Diuers excellent sens for gloves,  
with their proportions and other cir-  
cumstances, with the manner of per-  
fuming.

**T**He Violet, the Orenge, the  
Lemmon duely proportioned  
with other sens, performe this  
well, so likewise of Labdanum,  
Storax, Beniamin, &c.

The manner is this: First lay your  
umber vpon a fewe coales till it be-  
ginne to cracke like lime, then let it  
coole of it selfe, taking away the  
coales, then grind the same with some  
yellow ocre, till you perceiue a right  
colour for a gloue: with this mix-  
ture w<sup>th</sup> ouer your gloue with a lit-  
tle haire brush vpon a smooth stone  
in every seame and all ouer, then  
hang your gloves to drie vpon a  
line, then with gum Dragagant di-  
solued in some Rose-water, and  
ground with a little oyle de Ben, or of  
sweete

Sweet Powders,

Sweet Almonds vpon a stone, strike ouer your gloves in every place with the gumme and oyle so ground together, dooe this with a little sponge, but bee sure the gloves bee first throughly dry, and the colour well rubbed and beaten out of the gloue; then let them hang againe till they bee drie, which will bee in short time. Then if you will haue your gloue to lie smooth and faire in shewe, goe ouer it againe with your sponge, and the mixture of gumme and oyle, and drie the gloue yet once againe. Then grinde vpon your stone two or three graines of good muske, with halfe a spoonefull of Rose-water, and with a verie little peece of a sponge take vp the composition by a little and a little, and so lay it vpon your gloue lying vpon the stone. Picke and straine your gum Dragagant before you vse it. Perfume but the one side of your gloue at once, and then hang it vp to

Ointments, bednies, &c.

to dry, and then finish the other side. Tende graines of muske will giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thin Lambes leather gloue: and if you worke vpon a kids skin or goates skin, which is vsmall leather for rich perfumes, then you must ad more quantity of the oyle of Ben to your gumme, and goe ouer the gloue twice therewith.

*Sweet bags to lie among linnen.*

Fill your bags onely with Lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

The last water that is drawne from hony beeing of a deepe redde colour, performeth the same excell-

*Sweet powders,*

excellently, but the same hath a strong smell, and therefore must be sweetned with some aromaticall bo-  
die.

Or else the haire beeing first cleane washed and then moistened a prettie while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmericke, Rubarb, or the bark of the Barberry tree, and so it will receiue a most faire and beautifull co-  
lour.

The Dogberrie is also an excellent berrie to make a golden liquor with-  
all for this purpose: beat your allom to powder, and when the water is rea-  
die to seeth, dissolve it therein: four  
ounces to a pottle of vwater will be  
sufficient: let it boile a while, straine  
it, and this is your allome liquor  
wherewith you must first prepare the  
haire.

37. How to colour the head or beard  
into a Chestnut colour in halfe an  
houre.

**T**ake one part of lead calcined with Sulphur, and one part of quicklime, temper them some-what thinne with water, lay it vpon the haire, chafing it well in, and let it drie one quarter of an houre or thereabout, then wash the same off with faire water diuers times, and lastly with sope and water, and it will be a very naturall haire colour. The longer it lieth vpon the haire, the browner it groweth. This coloureth not the flesh at all: and yet it lasteth very long in the haire. *Septembris experimentum.*

(::)

**F I N I S.**

